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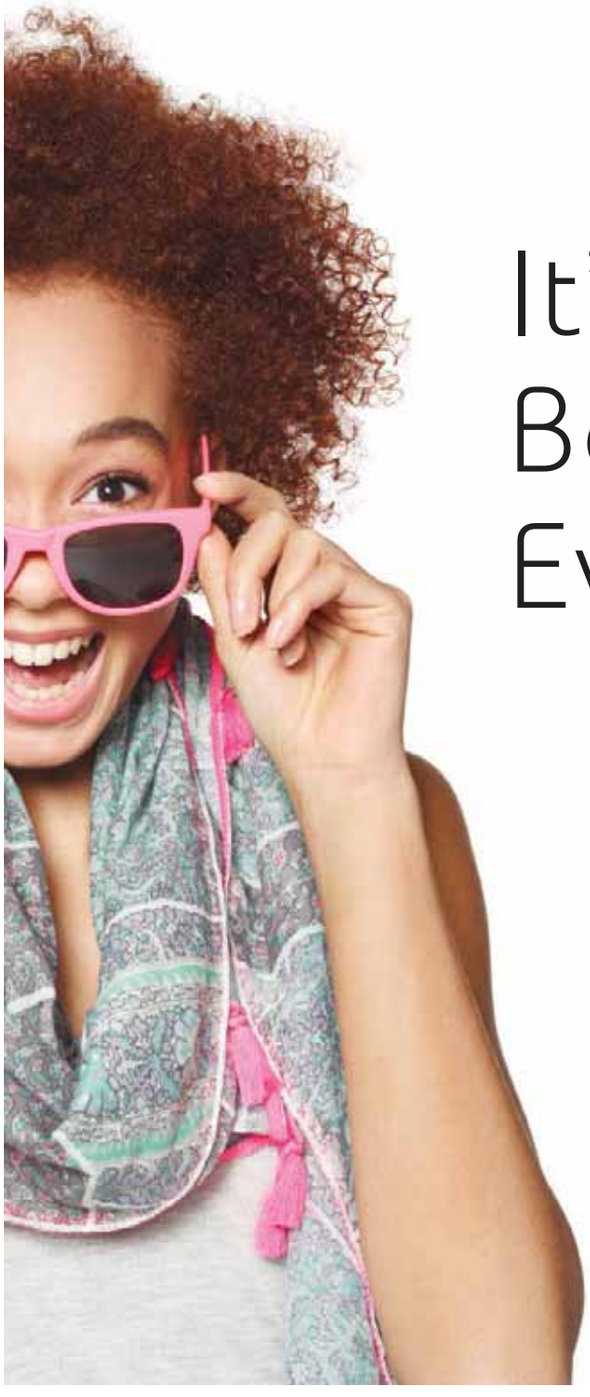

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THE HIGH PRICE OF HEALTH

A GROWING NUMBER OF CANADIANS ARE TRAVELLING OUT OF PROVINCE FOR SPECIALIZED CARE, AND PAYING A STEEP PRICE

PAGE 20-21

Carter calls pitcher on Rodriguez hit

Blues Jays legend says Red Sox right-hander broke baseball players code PAGE 51

The Force is strong with this Fan Expo

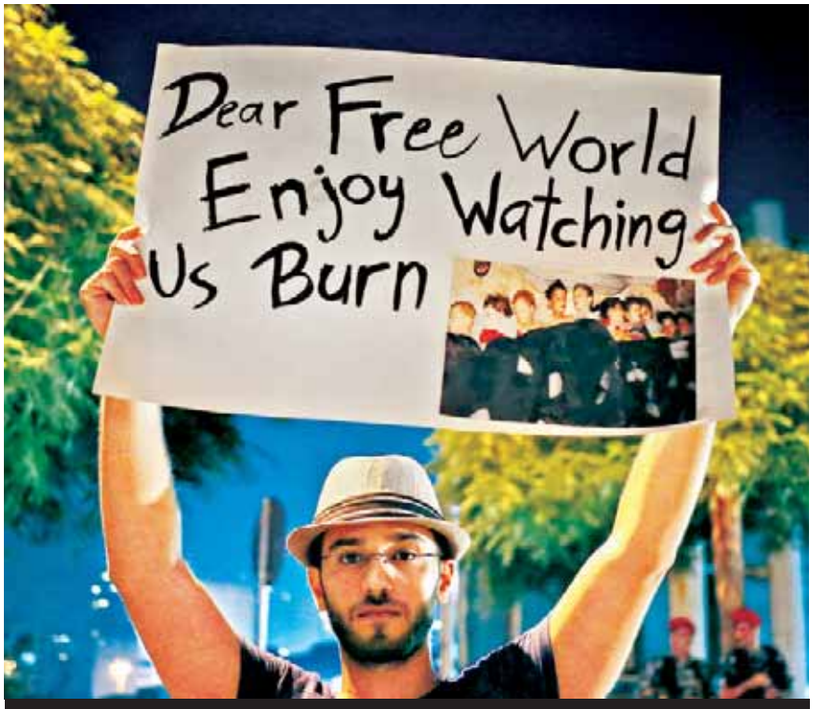
Geek couple who met there to wed there PAGE 6

Nerds welcome jocks with sports come-on PAGE 29

Officer cleared in pepper-spray incident

Montreal constable whose repeated spraying of protester went viral on YouTube gets off PAGE 6

NEWS WORTH SHARING.



OUTRAGE OVER ATTACK

A man holds up a placard in front of the UN headquarters in Beirut on Wednesday during a vigil against the alleged chemical-weapons attack on the suburbs of Damascus. Heartbreaking images coming out of Syria show bodies of many people, and anti-government activists say the deaths are the result of the Syrian regime carrying out a toxic-gas attack. The alleged attack is thought to have killed at least 100 people, including many children as they slept. See story, page 9. HUSSEIN MALLA/THE ASSOCIATED PRESS

Tasty — but dude is off his cronut burger

CNE. 34 patrons fall ill, taken to hospital after eating much-hyped croissant-donut-cheeseburger hybrid

Chris Parnell had one thing to eat on Tuesday — a cronut burger at the CNE.

Within a few hours, his stomach pains escalated to vomiting and an ambulance trip to the hospital. A day later, he learned he was one of 34 people reporting symptoms of food-borne illness after eating at the CNE, prompting a Toronto Public Health investigation.

The CNE voluntarily shut down food vendor Epic Burgers and Waffles, which sells the much-hyped croissant-donut-cheeseburger hybrid.

"At this point in our investigation we cannot confirm the food source," said Dr. Lisa Berger, TPH's associate medical officer of health. "We are investigating the cronut burger, we are investigating various other food items and we can't confirm right now."

TPH is focusing on people who ate at the CNE between Aug. 16-20, and expects lab results from Epic Burger and Waffles food samples later this week. "We are continuing our investigation to interview these persons and identify the cause of illness."

Paramedics assessed 12 patients who experienced gastro-intestinal problems, including vomiting, diarrhea and stomach pain, at the CNE on Tuesday night, said Emergency Medical Services spokesman Jamie Rodgers.

Five people were taken to hospital.

"They were very sick to their stomachs," said EMS spokeswoman Kim McKinnon.

Some of the patients were taken to Mount Sinai Hospital. They said they had eaten the cronut burger, confirmed hospital spokeswoman Leslie O'Leary.

Parnell was released from a hospital around 2 a.m., after being given an IV and an oxygen mask, but said he still felt slightly ill at noon on Wednesday. Still, he could not deny enjoying the burger, at least while he was eating it.

"The burger was good," he said. "No doubt about that."

Jim Chan, Toronto Public Health's manager of food safety, confirmed that Epic Burgers and Waffles is under investigation. TORSTAR NEWS SERVICE

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McMahon

Councillor laments bike swiped by thief outside city hall

Coun. Mary-Margaret McMahon's yellow bike was stolen from racks outside city hall on Tuesday.
CONTRIBUTED

Toronto councillor and cycling advocate Mary-Margaret McMahon is heartbroken and furious that her beloved bike was stolen from outside city hall.

"It's more than just a bike. It sounds corny, but I love being on my bike," she said Wednesday, a day after a thief cut a cable and made off with the distinctive yellow Giant Via — with a black basket on the back, a bell and a cupcake ride tag in the wheel — that was a birthday present from her family.

"I feel a sense of euphoria riding to work, to be out in nature. I'm really upset. That's my prime mode of transport to work and in the ward."

Since her staff posted the news on social media — hoping to repeat the magic of a woman whose online campaign got her bike back — she has been inundated with condolences and advice.

McMahon says the fact that her $500 cruiser can be stolen from racks on the east side of city hall highlights the need for more bike lockers.

TORSTAR NEWS SERVICE

Train walls decried as 'urban blight'

Metrolinx. Residents urge officials to consider lush, green alternative to sound barriers for airport-downtown line

Quoted

"Residents are jumping through hoops and we're getting brushed off. It's just jamming these things down on us." Kevin Putnam, who lives near the Junction

West Toronto residents are calling on Metrolinx to revise its plans to build sound barriers five metres tall along the Union-Pearson train corridor, unveiling their own "green wall" proposal for the fringes of the railway.

"It's an urban blight. They're bigger than the Berlin Wall," Kevin Putnam, who lives near the Junction, said of the proposed concrete walls. "They're just going to dwarf everything."

The UP Express is slated to start carrying passengers from Pearson International Airport to downtown Toronto in time for the 2015 Pan Am Games. Metrolinx, the provincial agency responsible for the $456-million project, plans to line several stretches of the 25-km rail path with the barriers, in accordance with Transportation Ministry guidelines.

Unhappy at the prospect of what Putnam calls a "huge canvas for graffiti" along the tracks, members of the Junction Triangle Rail Committee and Wabash Building Society hired award-winning landscape architects James Brown and Kim Storey to draft an alternative plan.

What they came up with was a plan for "green walls" — vegetation growing inside metal caging — intermingled with 10,000 trees along the rail corridor. Seven new pedestrian bridges would connect "linear park" pathways on each side of the tracks.

Brown and Storey presented the proposal to about 20 people at city hall on Wednesday.

If concrete barriers are deemed necessary, Brown offered, the green walls could go up beside them to hide them from view. Their proposal wouldn't need a bigger budget than Metrolinx already has for the noise barriers, said Storey.

Following their presentation, Metrolinx spokesperson Manuel Pedrosa said the barriers are mandated by the province, and that Metrolinx simply doesn't own enough room to add a green wall or park space in many places along the route.

TORSTAR NEWS SERVICE

WTF? Why the Face? Bored? How about the museum?

In a campaign to attract young people to museums, the city is putting posters in bus shelters reading WTF, or What the Fact. The ads are featured in 100 shelters, bearing a close-up image of artifacts such as wooden stamps and military uniforms.

LUCAS OLENIUK/TORSTAR NEWS SERVICE

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Teen testers give a cautious thumbs-up to new school menu

Plan. George Brown College food specialists seek the right balance between healthiness and a taste that will bring back high school students

In the fight between healthy food and good taste, it's the cafeterias that are losing.

Ontario banned most junk food from schools in 2008 and introduced an even more restrictive food and beverage policy in 2011, driving many students out the door and into the arms of neighbouring fast-food restaurants.

It has spelled the end for more than 30 cafeterias, with the Toronto District School Board looking to make up a deficit. Some were bringing in just $35 to $50 a day since the switch to healthy foods.

But there's a new plan to bring cafeterias back from the brink, and if the first taste test is any indication, it just might work.

For months, food scientists and culinary students at George Brown College's Food Innovation and Research Studio (FIRSt) have been tinkering with variations on the burger, chicken fingers and other deep-fried cafeteria staples, searching for the healthiest and tastiest recipe.

They even visited several school cafeterias to make sure any recipes are easy to re-create there.

Quoted

"They're telling us what they like, what they don't like, what they want to see, what they don't want to see."

Marvin Greenberg, food service consultant working for CUPE 4400

"I think the reality is, deep frying is never going to be replaced," said the centre's director, Winnie Chiu, but they've worked hard to strike a balance. "We're hoping we've developed the right meals."

Student ambassadors for My Food My Way, a project trying to save struggling cafeterias led by the Canadian Union of Public Employees (CUPE) 4400, which represents TDSB cafeteria workers, tried the food Wednesday.

Austin Jafri, left, and Mark De Ocampo from Agincourt Collegiate join a group of students from around the GTA at George Brown College to taste a healthy and tasty menu created by culinary students for TDSB cafeterias. LUCAS OLENIUK/TORSTAR NEWS SERVICE

The verdict? Mostly yum.

TORSTAR NEWS SERVICE

Family of autistic boy overwhelmed by support

Maxwell Begley, 13, enjoys a hot summer day on the trampoline in the backyard. KATIE DAUBS/TORSTAR NEWS SERVICE

Inside the Begley home in Oshawa, the phone keeps ringing.

"The bikers want to get Max a vest with their crest on it," Brenda Millson says from the kitchen, covering the receiver with her hand. "What size would he take?"

"Go ask Jim, please," her daughter, Karla Begley, says.

"That's so sweet," Millson says as she walks outside.

Jim Begley has done the laundry, and wife Karla is folding a large pile on the couch, exhausted from the last few days of media appearances related to a hateful letter about their son.

Quoted

"At least Max can go to my mom's now and if kids know he's there they will come and see him. He would love nothing more, that's all he's ever wanted, you know."

Maxwell's mom Karla Begley

Maxwell, 13, has autism and loves to spend the night at his grandmother's Newcastle home. Last week, Barbara Millson received an anonymous letter through the mail from an irate neighbour mad about the noises the teen makes when he's outside.

Since the letter became a very public screed in Canada and around the world, the response has overwhelmed the family.

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Exposing love. Couple who met at Fan Expo to marry at this year's event

Lindsey Cameron went to a speed dating event at the annual Toronto Fan Expo convention one summer day in 2011 expecting to collect funny stories to share with co-workers.

Instead, she met her future husband who proposed to her at the very same spot a year later.

On Aug. 23, the second day of this year's Fan Expo, Cameron and David Ingram will get married. "We see Fan Expo as the anniversary of our meeting and the anniversary of our engagement and it will be the anniversary of our marriage," Ingram said.

Like his wife-to-be, Ingram didn't think he would like speed dating.

"A few years earlier, I'd come out of a long-term relationship. I decided the next person I was going to have a serious relationship with needed to have similar interests and be a geek like me," he said. Ingram is a fan of board games and loves all things sci-fi.

When they sat down together, it was immediately clear they had lots in common.

"I remember his smile and what he was wearing. He just stuck out, out of everybody."

TORSTAR NEWS SERVICE

David Ingram and Lindsey Cameron

KARISSA DONKIN/TORSTAR NEWS SERVICE

Competitive wedding

The couple will have Lego people atop their cake and dice games at every table.

Cop cleared in student pepper-spray incident

Montreal. An internal probe ruled 'Officer 728' did not use unnecessary force against a protester in May 2012

She is the face of Quebec's social unrest in the spring of 2012, a symbol of what is perceived to be wrong with the Montreal police force and the inspiration for a crass pornographic spoof movie.

But Const. Stefanie Trudeau, better known in the province as Matricule 728, is not a criminal, Quebec's justice department has concluded.

The Montreal officer has been cleared of wrongdoing after an internal investigation ruled that there was insufficient context in a now-famous YouTube video that showed Trudeau repeatedly pepper-spraying a mouthy but unarmed male protester on the night of May 20, 2012 after orders for him and another group of people to disperse were ignored.

Final word

René Verret, spokesman with public prosecutions, said a decision on criminal charges or penalties would only be decided once the probe is completed.

Quebec's directorate of public prosecutions said in a statement Wednesday that 27 witnesses had been interviewed as part of the probe into Trudeau's actions that evening and they had concluded, given the "aggressive and violent nature of the protests," that the officer had not used unnecessary force as defined in the Criminal Code. "As a result, no criminal offence has been committed," the agency said.

Const. Stefanie Trudeau using pepper spray in this screen grab from video posted on YouTube. Trudeau remains suspended from the force. METRO

Trudeau was suspended from the police force in October 2012 after another incident that was captured on video showing her involved in an aggressive confrontation with three people over an open beer bottle that was briefly in the street as one of the three men welcomed his two friends into a second floor artists' studio.

Police seized a number of cellphones in the arrest and one inadvertently captured the officer denigrating the individuals, a painter and two musicians, as "guitar pluckers" and "s—eating artists" in conversation with another officer.

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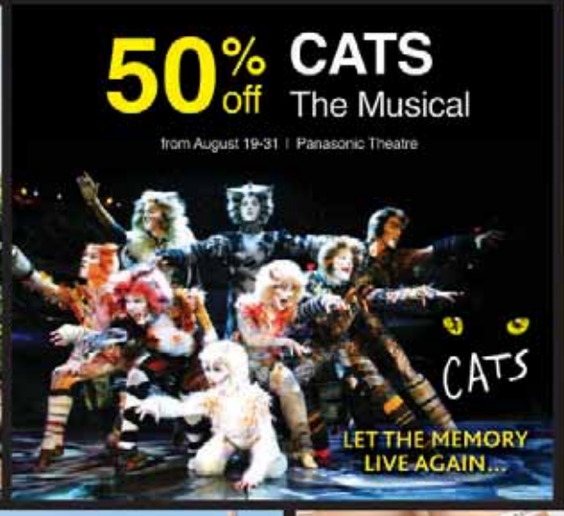

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WikiLeaks leaker gets 35 years

U.S. soldier Bradley Manning was sentenced Wednesday to 35 years in prison for giving hundreds of thousands of classified military and diplomatic documents to the anti-secrecy group WikiLeaks, the largest such leak in American history.

The military judge didn't offer any explanation for the sentence. Manning stood at attention and appeared not to react.

The closely watched case has seen the 25-year-old called both a whistleblower and a traitor, and it opened a fierce debate on national security and freedom of expression.

Manning's prominent supporters have included Daniel Ellsberg, whose sensational leak of the Pentagon Papers in the early 1970s exposed U.S. government lies about the Vietnam War.

Army Pfc. Bradley Manning

Manning had faced up to 90 years in prison. Prosecutors had wanted at least a 60-year sentence, saying it would dissuade other soldiers from following in his footsteps. The defence suggested no more than 25 years so that Manning could rebuild his life.

With good behaviour and credit for the more than three years he has been held, Manning could be out in about 6½ years, according to his defence attorney David Coombs. Manning's rank was reduced, he was dishonourably discharged and he forfeited his pay.

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Sen. Wallin on the hook for $139K after audit

Paying back the taxpayer. Senate sets final tab for senator's disallowed travel-expense claims

Sen. Pamela Wallin's final bill is in — and it's a whopper.

The embattled Saskatchewan senator and former Conservative caucus member was informed Wednesday that she'll have to reimburse the Senate a grand total of $138,970 for ineligible travel expense claims.

Wallin was already on the hook for $121,348 after an independent audit of her travel expenses, released last week. The auditors advised another $21,000 in questionable claims should be reviewed by the Senate's internal economy committee.

Those claims involved travel to what the self-described "activist senator" deemed "networking events" and other special events, including speeches.

The report

The audit report, which looked at Wallin's claims dating back to 2009, listed 13 networking events, which Wallin had described as primarily lunch or dinner meetings with unidentified representatives of the business, arts and charitable communities.

The committee concluded Wednesday that Wallin should pay back most of those additional claims, worth $17,622.

The decision comes as no surprise. Last week's audit report noted that the internal economy committee's steering committee had already reviewed Wallin's travel claims for so-called networking events and had concluded that "while occasional exceptional occurrences for special events might be acceptable, the volume and pattern of the events listed (by Wallin) would not qualify them as Senate business."

THE CANADIAN PRESS

Sen. Pamela Wallin speaks to reporters outside a Senate committee hearing on Parliament Hill on Aug. 12. The embattled Saskatchewan senator has been ordered to pay back a grand total of $138,970.
PATRICK DOYLE/THE CANADIAN PRESS

Citizen journalism: This photo from a usually reliable source is said to show the tragic aftermath of a purported toxic gas attack in Damascus, Syria. A woman is supported as she mourns over the bodies of children on Wednesday. LOCAL COMMITTEE OF ARBEEN/THE ASSOCIATED PRESS

Little innocents die in 'gas attack'

Alleged atrocity. Syrian activists claim 100 died in toxic attack in Damascus — a report that has shocked the world

Anti-government activists Wednesday accused the Syrian regime of carrying out a toxic gas attack that killed at least 100 people, including many children as they slept.

The purported attack happened during artillery and rocket barrages on the eastern suburbs of Damascus.

Shocking images emerged, showing pale, lifeless bodies of children lined up on floors of makeshift hospitals and others with oxygen masks on their faces as they were attended to by paramedics.

One appeared to be a toddler clad in diapers.

An activist said bodies of 63 of the dead had indications of a chemical weapons attack but he could not confirm this.

"Their mouths were foaming, their pupils were constricted, and those who were brought in while still alive could not draw their breaths and died subsequently," he said.

The Syrian regime called claims of the attack "absolutely baseless." Syria's ally, Russia, described the reports as "alarmist."

THE ASSOCIATED PRESS

Quoted

"Such an attack is completely unacceptable and we call on the ... regime to co-operate with the UN officials investigating these disturbing reports."

Foreign Affairs Minister John Baird, who says Ottawa will continue to monitor the situation in Syria closely

UN chief 'shocked'

United Nations Secretary-General Ban Ki-moon said he is determined to ensure a "thorough investigation" into the reports of a deadly toxic gas attack by the Syrian regime.

UN deputy spokesperson Eduardo del Buey said the secretary-general is "shocked" at Wednesday's alleged use of chemical weapons in the eastern suburbs of Damascus.

But President Bashar Assad's regime denied using chemical weapons.

However, a letter drafted by Britain and France has been sent to the secretary-general requesting that the team launch "an urgent investigation ... as expeditiously as possible."

More than half a dozen other countries — including the United States, Australia, Luxembourg and Germany — also signed the two nations' letter.

THE ASSOCIATED PRESS

Grieving the innocents: Protesters hold banners and candles as they take part in a vigil in front of the United Nations headquarters in Beirut on Wednesday. AFP/GETTY IMAGES

Halifax pair paddle 175 km for charity

'Nothing short of magical'. Kayakers' plan was to raise money to send special-needs kids to summer camp

Graham Carter, left, and Jan-Sebastian La Pierre stand with their kayak in Herring Cove, N.S., on Tuesday. The pair paddled 30 hours to Sable Island off the Nova Scotia coast to raise funds for children who face adverse life circumstances and who don't have access to adventure and recreational opportunities. ANDREW VAUGHAN/THE CANADIAN PRESS

Two Halifax kayakers have successfully paddled more than 175 kilometres from Nova Scotia to Sable Island in what they are describing as a life-changing experience.

"It was nothing short of magical," said Jan-Sebastian La Pierre, who made the nearly 30-hour voyage from Canso, the nearest point on Nova Scotia's mainland to the island, with paddling partner Graham Carter.

The pair came up with the idea as a way to raise $25,000 to send 25 kids living with chronic mental and physical illness to summer camp.

"What we're trying to do is create a conversation about the need for adventure in people's lives," said La Pierre, a 30-year-old recreational therapist and kayak enthusiast.

"We just want to see them have the same opportunities we had as children."

He described the trip last weekend to Sable Island, a 40-kilometre-long sliver of land southeast of Halifax that's home to wild horses, as the most physical challenge he has ever experienced.

Quoted

"What we're trying to do is create a conversation about the need for adventure in people's lives"

Kayaker Jan-Sebastian La Pierre

"We just kept reminding ourselves why we were doing it and realizing that these kids have to experience pain on a daily basis," said La Pierre. "They have to deal with it for a lifetime. We could suffer through it for 24 hours."

Carter, a 28-year-old school teacher from Ste. Anne, Man., said La Pierre approached him three years ago with the idea of paddling to Sable Island for charity.

"It's been definitely suggested that we're a little crazy," said Carter.

"The ocean is definitely a fickle beast out there and the weather can change pretty quickly."

"It was easy to be able to justify and be able to power through the pain when you knew ... the cause you were working towards," said La Pierre.

He described their sight of Sable Island on Sunday morning as nothing short of overwhelming, despite the exhaustion.

THE CANADIAN PRESS

'Two different worlds'. Ice show hopes to bring something cool to Haiti

A woman helps a young man secure his skate at a basketball gym that will host the Haiti on Ice event in Port-au-Prince, Haiti, Tuesday. DIEU NALIO CHERY/THE ASSOCIATED PRESS

Doubters said it was crazy to try to put on an ice show in the Caribbean heat, but after nearly a year of postponements, it looks as if Haiti on Ice will actually happen this weekend — if the ice doesn't melt.

On Tuesday night, some young Haitians got a chance to play on an expanse of shiny, frozen water in a downtown basketball gym, where they gleefully pulled on skates and took spins on the ice.

"In other cities, it's cold," said Laila Bien-Aime, a 21-year-old student. "In Haiti, it's very, very hot. These are two different worlds coming together."

The unlikely idea to put on an ice show in Haiti arose last year after Francois Yrius of Super Canal Prod, a Guadeloupe-based exhibition company, met Haiti's tourism minister, Stephanie Villedrouin, at a music festival.

Yrius thinks he'll draw a good crowd, and feels all the problems and delays have been worth the effort to bring something so unusual to Haiti.

"People get to see something," he said. "They want to see something new."

THE ASSOCIATED PRESS

Violence in hockey

Doctors condemn 'complacency' of NHL owners

Canada's doctors say NHL owners are too accepting of violence in hockey.

Two-thirds of delegates at a Canadian Medical Association meeting in Calgary have voted to "condemn the complacency" of the owners.

New association president Dr. Louis Francescutti says he has seen too many young hockey players brought into his emergency room with serious injuries.

He says something needs to be done to protect athletes.

THE CANADIAN PRESS

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Diabetic-alert dog trainer Erika Ott with Nettle, a female yellow Labrador, who learns to hit the alert system (on the floor in front of her) to notify somebody in an emergency, at the Lion Foundation Of Canada building in Oakville on Tuesday. VINCE TALOTTA/TORSTAR NEWS SERVICE

Fido now trained to sniff out diabetics

Using their noses.
Canada's first diabetic alert dogs nearly ready to smell out low blood sugar in diabetics who lack the usual signals

Paired with the right dog

- Three Canadians, including a 10-year-old Toronto boy, have already been approved to receive the dogs, and the final matches will take place during three weeks of intensive, hands-on training where they'll be paired based on the temperaments of both dog and human.
- Nettle and the others are part of a new breed of service dogs being trained to help diabetics who are hypoglycemic-unaware, meaning they don't show the usual symptoms for low blood sugar, such as light-headedness, nervousness, irritability, sweaty, drowsiness and numbness.

Nettle is a friendly, high-energy yellow Labrador with an unusual set of skills.

The 14-month-old dog can sit, stay and walk nicely on a leash like other dogs, but she can also fetch juice boxes and phones and, if necessary, call for help.

She's about to enter the final stage of her training: finding hidden "scent pots." The pots are filled with the scent of a diabetic person experiencing hypoglycemia, commonly known as low blood sugar.

Once Nettle has been trained to reliably find the scent pots and determine whether the situation warrants a juice box, a phone, or call for help herself, she'll be ready for work.

Nettle, her sister Nara, and a dog named Mystic are the first diabetic alert guide dogs being trained at Canada's only internationally accredited program.

The trio spent their first year with foster families learning basic obedience and the past four months honing their skills with a professional trainer at the Lions Foundation of Canada in Oakville.

On Nov. 14, they'll graduate.

"It will be so immensely gratifying when they're matched with an owner," said Erika Ott, Nettle's full-time trainer.

Covered in fur — Nettle's "a shedder" — Ott said she'll be happy to see the dog go: "She's going to help someone out immensely."

More than nine million Canadians have diabetes. About one in 10 have type 1 diabetes, which typically arises in children and youth. How many are hypoglycemic-unaware is uncertain, since the Canadian Diabetes Association doesn't track those numbers.

The use of dogs trained to help diabetics keep on track by sniffing out low and fast-dropping blood sugar levels has grown over the past six years, particularly in the United States.

But it hasn't been without issues.

Brittany Potts, who lives in Minnesota, had to sort through multiple "scam" organizations before finally settling on one able to deliver a capable dog.

"There are a ton of people who are trying to scam people who are looking for dogs," she said. "There are a lot of programs that say they will give you a wonderful dog, and then you get the dog and it's nothing like what you imagine."

Even after finding a reputable organization, Potts has had to work hard to raise the more than $20,000 in fees she needed to pay for a fully trained dog.

It will all be worth it though, she said, when her three-year-old daughter Jade finally has hers. Diagnosed in March, the toddler sometimes passes out without warning.

"She doesn't wake up whenever she's asleep," Potts said, which is why Potts always sets an alarm and routinely wakes up to check Jade's sugar, just in case. "I'm hardly sleeping because I'm so nervous," she said.

People approved for a dog by the Lions Foundation get everything, to the tune of around $25,000, covered by individual and corporate donations.

And the foundation said it's been careful to make sure the Canadian dogs are all trained properly.

TORSTAR NEWS SERVICE

Vancouver man sued by U.S. grocery giant

Pirating Trader Joe's?
American company alleges business owner's actions harm their brand

Pirate Joe's owner Michael Hallatt poses for a photograph at his store, where he resells products from the U.S. specialty grocery store Trader Joe's, in Vancouver, on Wednesday. Trader Joe's has filed a lawsuit against Hallatt in Washington State Federal Court alleging federal trademark infringement, false advertising and false endorsement. DARRYL DYCK/THE CANADIAN PRESS

Michael Hallatt has never worked harder for what he says is less money, reselling someone else's products.

For a year and a half, Hallatt has made trips across the border, spending almost $350,000 stocking up on goods at U.S. grocery giant Trader Joe's, and then reselling them at his Vancouver store, Pirate Joe's.

The shelves of Pirate Joe's are lined with everything from canned goods and cereals to baking mixes and pasta sauces, all bearing Trader Joe's federally registered trademark logo.

Now, Hallatt has been slapped with a lawsuit by the U.S. retailer, alleging trademark infringement, false advertising, and other things that it says hurt the company's brand.

The lawsuit, filed in May, alleges that not only is Hallatt not authorized to resell Trader Joe's products, he is misleading people by dressing up the shop in a way that looks similar to the U.S. stores.

Hallatt maintains that everything he is doing is legal.

"I knew there would be legal jeopardy, but I knew I was operating within my legal right, so I decided I would defend myself if it came down to it, and it did," he said Wednesday.

THE CANADIAN PRESS

Inquiry. Queue-jumping found to have occurred in Alta. health-care system

An inquiry has found that queue-jumping has occurred in Alberta's health-care system and that an environment exists in which it could happen again.

Justice John Vertes says while claims that queue-jumping was widespread and that politicians were moving people to the front of the line ended up being untrue, there were instances in which people got faster care. He said policies need to be tightened.

"The claim that it was not uncommon for senior executives to receive requests for expedited care proved to be unfounded," Vertes wrote in his final report, released Wednesday. "However ... the inquiry did in fact learn of incidents of improper preferential access and also identified several systemic issues that could foster an environment conducive to such improper access."

Vertes made a total of 12 recommendations to help prevent abuses in the province's $16-billion health-care system.

THE CANADIAN PRESS

Two-month update

More than 14,500 homes damaged in Alberta floods

The Alberta government says more than 14,500 homes were damaged during severe flooding in June.

It also says 2,700 people are still living in temporary housing, in hotels or with friends and family.

The figures are in a two-month flood update provided by the province.

More than 8,000 applications for disaster-recovery support are currently being processed, and payments totalling nearly $7 million have so far been made.

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Paying high insurance rates because you're a high-risk driver?

There are still ways to save on car insurance.

A high-risk driver is someone who, due to a combination of factors, presents a high likelihood of a claim. There is a combination of things that would work together to give you this status, as it's usually not just one incident. New drivers or drivers who have multiple tickets and accidents on their driving record are typically labeled as high-risk drivers. This presents a high likelihood of having an at-fault accident that the insurance company will have to pay for in the event of a claim.

High-risk drivers usually pay much higher insurance rates; and some insurance companies will not renew their policy. If that occurs, there are still options for the high-risk driver.

Insurance for High Risk Drivers. Even if you have been with the same company for many years, the level of risk may lead to a non-renewal of the policy. When faced with the inability to qualify for a standard policy, high-risk drivers can turn to specialty auto insurance companies for coverage. Today, there are many more choices than there once were for high-risk drivers to obtain coverage. A number of insurance companies have stepped up to fill the gap and help these drivers get back on the road. It's important that high-risk drivers take this seriously and focus on becoming safer drivers in order to get back to a low-risk status.

Saving on High-Risk Insurance. By its nature, high-risk insurance costs more than a standard policy. Because the risk of a claim is much higher, the insurance company must spread some of the risk and increase the cost of premium; for protection in the event of a large claim. This does not mean there is no way to save on insurance If you are a high-risk driver; it's just a little trickier. The number one way for a high-risk driver to save money is to shop around. Use a quoting site like InsuranceHotline.com, to get quotes from over 30 insurance companies and compare insurance rates for free. You could save money in just a few minutes.

Your search for the right insurance rate should be exhaustive, not exhausting. InsuranceHotline.com is the only unbiased insurance rate-comparison site in Canada, and features a network of over 30 premier insurance companies competing for your business. So whether you're looking for the lowest price or the highest level of service or something in between, you'll find it here.

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Canadians in Cairo could be released

Calm, for now. Pair still detained, but might be let go early by prosecutor as Canada reopens Egypt embassy

An Egyptian man pushes a wheelbarrow with debris from inside the Rabaah Al-Adawiya mosque in Nasr city, Cairo, Wednesday. The Canadian embassy reopened in the Egyptian capital, but two detained Canadians remained locked up.
MANU BRABO/THE CANADIAN PRESS

Two Canadians detained in Cairo remained behind bars Wednesday as an uneasy calm allowed the reopening of the Canadian embassy in the Egyptian capital.

Egypt's ambassador to Canada said Tarek Loubani and John Greyson could conceivably be freed before the end of the 15-day period that prosecutors said they were ordered detained.

"Technically it is possible, because these are maximum (detention) times allowed by the law," ambassador Wael Aboulmagd said in an interview with The Canadian Press.

"I think the first period will be four days, and then ... the prosecutor decides if he needs more time."

Aboulmagd stressed, however, that under Egypt's judicial system, he could not interfere in the process, and that it would be entirely up to prosecutors to decide whether to release the men.

Loubani, a doctor from London, Ont., and Greyson, a Toronto filmmaker, were detained Friday by Egyptian police.

Friends and family say they were in Cairo after making an unsuccessful attempt to enter Gaza, where Loubani teaches emergency medicine and Greyson was exploring the prospects of making a documentary.

Canadian consular officials were expected to meet with the two men on Thursday, along with a lawyer from the Shalakany law office, hired by their families.

The Egyptian embassy in Ottawa has received more than 600 emails and phone calls from supporters of the two Canadians since their detention, Aboulmagd said.

The public prosecutor's office in Cairo says the men face a range of accusations, including threatening security and social peace, belonging to an armed gang and being in possession of firearms, ammunition and explosives.

The accusations are "wide-ranging, far-fetched and outright bizarre," said family friend Justin Podur.

THE CANADIAN PRESS

Change.org

40,000

By Wednesday morning, more than 40,000 people had signed a petition at change.org, demanding the men be released immediately

Robert Bales. U.S. soldier faces angry relatives of Afghan massacre victims

The U.S. soldier who killed 16 Afghan civilians in a solo attack on two villages last year faced more of the victims' relatives Wednesday, while his brother portrayed him as a patriotic American and loving father.

Mullah Khamal Adin took the witness stand against Robert Bales, who pleaded guilty in June in a deal to avoid the death penalty.

Adin, a villager whose cousin lost 11 relatives in the attack, is one of nine Afghans from Kandahar Province flown to the U.S. for the hearing.

THE ASSOCIATED PRESS

Staff Sgt. Robert Bales
AFP/GETTY IMAGES/FILE

China. Angry bus driver slams empty bus into people in street, injures 27

A Chinese bus driver angry over being punished by his company drove a bus into a pack of bicyclists and motorcyclists on Wednesday, injuring 27 people, the official Xinhua News Agency said.

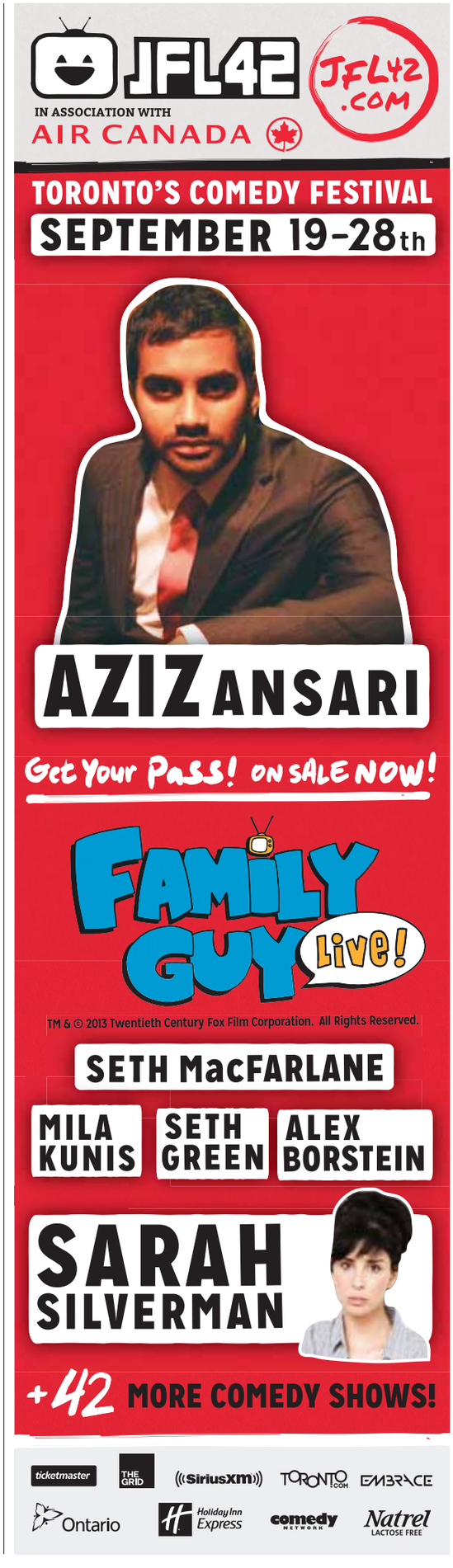
The bus driver — identified only by his surname Li — had been fined 200 yuan ($34) by his company for exceeding the speed limit in July and put on leave after he refused to write a self-criticism letter, Xinhua said.

The upset driver went to a maintenance shop without the knowledge of his company and took an empty bus which he plowed into the people in the southern Chinese city of Shunde in Guangdong province, according to the state-run China News service.

Xinhua said Li slammed into one motorbike, 10 mopeds and five bicycles. Of the injured, two were in serious condition, it said.

Li was detained by police on charges of endangering public safety, Xinhua said.

THE ASSOCIATED PRESS



Police chiefs demand support for mentally ill

Mental health. Police association says other levels of government have pushed burden onto Canadian cops

Canada's police chiefs say governments must "step up" and provide more support for the mentally ill.

The Canadian Association of Chiefs of Police, which has been meeting in Winnipeg, says lack of health-care funding is putting people with mental-health issues on the streets.

Association president Jim Chu says police should not be the front line on mental-health issues.

Chu, who is chief constable of the Vancouver Police Service, says officers spend too much time in waiting rooms and dealing with people who don't have adequate social and medical support.

Quoted

"We went from the agency of last resort to the mental-health service agency of first resort.... That's failing those who are mentally ill and who deserve better care." Jim Chu

For example, Chu says the number of people apprehended by police under the Mental Health Act has more than quadrupled since 2002 — more than 2,600 people in Vancouver so far this year.

He says the focus needs to shift from dealing with a crisis to preventing it in the first place.

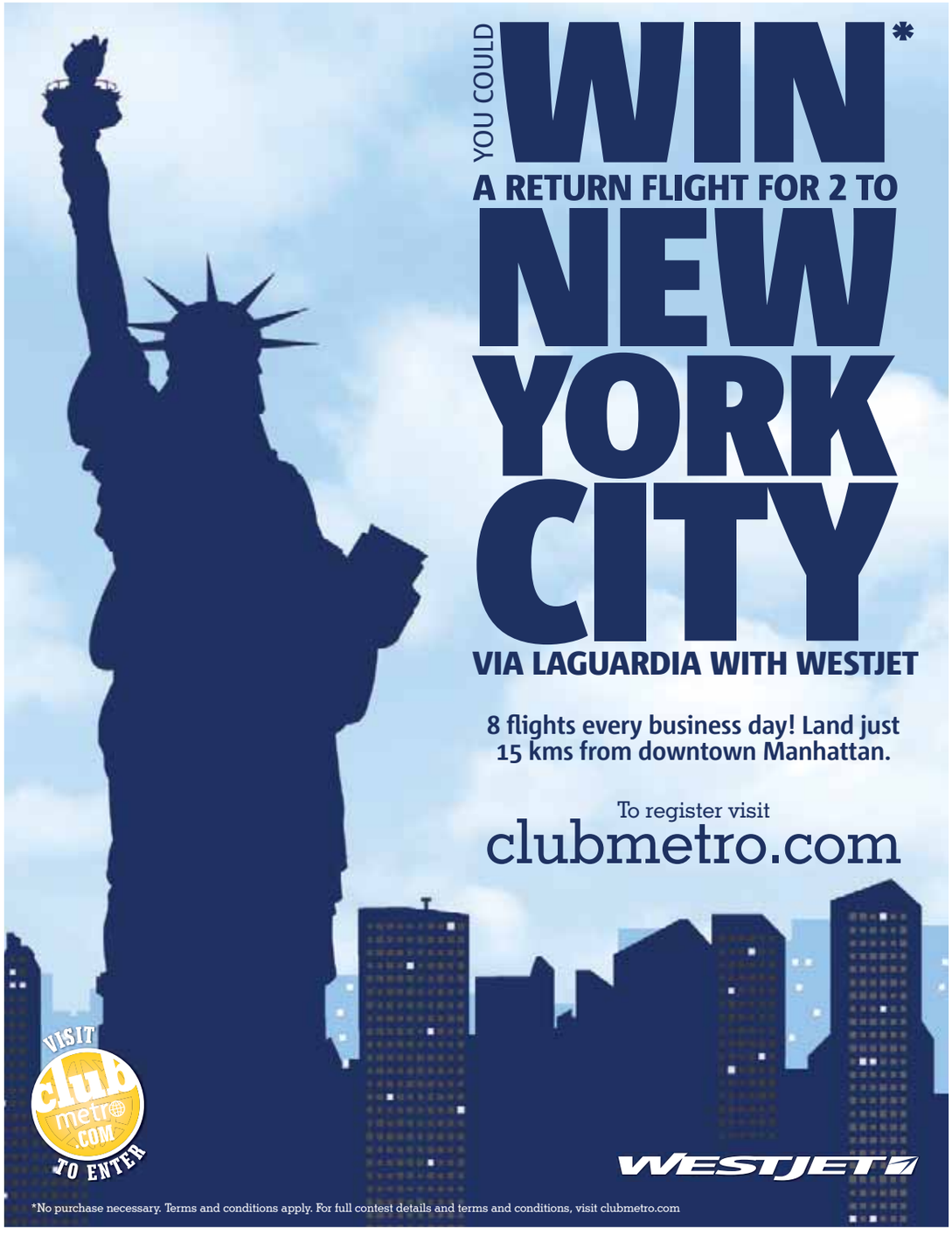
"Other levels of government ... by not taking responsibility for helping the mentally ill (have) pushed the workload onto the front-line police officer and that's wrong."

Chu pointed out that police services throughout Canada are investing in education and trying to develop new models for officers who deal with the mentally ill.

One approach has been to include mental health professionals on response units.

A conference is planned for next March on the issue. It's a joint initiative between the police chiefs association and the Mental Health Commission.

THE CANADIAN PRESS



PQ religious symbol ban. Doctor says province will lose many public workers

Dr. Sanjeet Singh Saluja, an emergency room physician at the McGill University Health Centre, poses for a photograph in Montreal, Wednesday.
GRAHAM HUGHES/THE CANADIAN PRESS

Quebec will lose public employees including doctors if the government insists on banning religious symbols in the workplace, says a physician from Montreal's Sikh community.

A media report this week published leaked details of the controversial Parti Québécois proposal — saying it would prohibit people like doctors, teachers and public-daycare workers from donning turbans, kippas, hijabs and visible crucifixes.

The debate also created waves at the federal level Wednesday, with Liberal Leader Justin Trudeau becoming the first federal politician to weigh in strongly against the plan.

Dr. Sanjeet Singh Saluja, who wears a turban as part of his faith, said Wednesday that the PQ's controversial 'Charter of Quebec Values' would drive people from the Sikh, Jewish and Muslim communities away.

Quoted

"The sad thing is I don't know if I'd be able to stay here in Quebec."
Dr. Sanjeet Singh Saluja, an emergency-room doctor with the McGill University Health Centre

"Even though I love my practice here in Quebec, my faith is something that's important to me and I don't feel comfortable giving up that part of my persona and I don't think a lot of people would be willing to, either"

Saluja, who was born and raised in Montreal, said this type of legislation could have a significant impact on hospital wait times in Montreal because many resident physicians in the city come from Middle Eastern countries and wear hijabs.

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Arctic oil. Russia blocking scrutiny, Greenpeace says

Russian officials are refusing to allow a Greenpeace icebreaker into that country's oil-rich Arctic seas as multinational energy companies begin opening those waters to development.

Officials with the environmental group say Russia's refusal is an attempt to keep international scrutiny away from the controversial developments. They say repeated denials of a permit for the Arctic Sunrise to enter the Northern Sea Route violate international law.

"These western companies are coming to Russia to operate in conditions where standards are lower and there's less scrutiny and fewer consequences," said Christy Ferguson, a Canadian Greenpeace member on board the Arctic Sunrise, which is expected to cross into Russian waters Friday.

Even though more than 400 vessels have received permits for the Northern Sea Route this season, the Arctic Sunrise has been thrice denied. THE CANADIAN PRESS

Greenpeace swimmers protest by the Rosneft-contracted vessel Akademik Lazarev in the Norwegian waters of the Barents Sea in this undated photo.
CONTRIBUTED: WILL ROSE/GREENPEACE/THE CANADIAN PRESS

Rangers keep True North strong with vintage arms

PM's Arctic tour. Harper goes target shooting with Canadian Rangers

Prime Minister Stephen Harper wears the Canadian Ranger sweater after he was bestowed honorary Canadian Ranger status in Gjoa Haven, Nunavut, on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Stephen Harper took up arms — albeit antique ones — for some target practice on the Arctic tundra and plied the frigid waters of the Northwest Passage in a sovereignty patrol meant to show solidarity with Canadian Rangers.

Both the prime minister and Defence Minister Rob Nicholson went shooting late Tuesday with the First World War-vintage .303 Lee Enfield rifles, first introduced to the British Army in 1895. They are the standard-issue weapon for the aboriginal reservists — the part-time soldiers constituting the Rangers, who spend their days patrolling the vast tundra.

The weapons were purchased in the 1950s and a statement from Harper's office on Wednesday said the government plans to begin replacing them in 2016.

The visit was as much a political statement as a chance to share the rigours of northern life for a prime minister whose mantra has been to assert and defend Canada's claim to the Arctic. THE CANADIAN PRESS

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India. City shut down in protest after anti-charlatan crusader gunned down

The killing of an Indian activist against superstition and religious charlatans prompted hundreds of protesters to shut down Pune, a city near Mumbai, on Wednesday as a group of Indian scientists decried an "atmosphere of intolerance and anti-science attitude" that could undermine development.

Narendra Dabholkar, 67, a doctor-turned-activist, had been receiving death threats for years since he began travelling by public buses to hundreds of villages around Maharashtra state to lecture against superstitions, religious extremism, black magic and animal or human sacrifice, according to his friend and fellow activist, Deepak Girme.

"He wanted to expose the people who cheat the poor in the name of gods, who promise false cures for cancer or do black magic to perform so-called miracles," Girme said.

THE ASSOCIATED PRESS

Investigation on

Police were hunting for two unidentified men suspected of firing four shots at Narendra Dabholkar as he was taking a morning walk Tuesday.

Distracted conducting?

Freight railroads want OK to tape employees

At least two major U.S. freight railroads are seeking to install cameras in their locomotives to make sure crews are following rules and avoiding cellphone use.

Union Pacific asked a federal judge this week to declare it has the authority to install the cameras under the railroad's existing labour agreements.

THE ASSOCIATED PRESS

Hello, 1973: 340 hours of secret Nixon tapes released

Soviet leader Leonid I. Brezhnev, left, whispers in the ear of U.S. President Richard Nixon as the two leaders stand on a balcony at the White House in Washington. The meeting was the only summit ever recorded on an American presidential taping system. THE ASSOCIATED PRESS FILE

Final installment. Hundreds of hours remain sealed for national security, privacy reasons

U.S. President Richard Nixon and Soviet leader Leonid Brezhnev chatted warmly in the White House before a historic summit in June 1973, as revealed by secretly recorded tapes released Wednesday.

The long talk was captured on a hidden recording system that Nixon used to tape 3,700 hours of conversations between February 1971 and July 1973.

The final chronological installment of those tapes — 340 hours — were made public Wednesday by the National Archives and Records Administration, along with more than 140,000 pages of text documents.

Nixon and Brezhnev, who met one-on-one with only an interpreter present, talked for an hour on June 18, 1973, and chatted about personal topics. The conversation happened before the start of a historic seven-day summit that was part of Nixon's larger strategy of detente with the Soviet Union.

"We must recognize, the two of us, that ... we head the two most powerful nations and, while we will naturally in negotiations have some differences, it is essential that those two nations, where possible, work together," Nixon told Brezhnev. "If we decide to work together, we can change the world. That's what — that's my attitude as we enter these talks."

The conversation is remarkable because of the camaraderie, said Luke Nichter of Texas A&M University-Central Texas, who runs a website cataloging Nixon's secret recordings.

"These are Cold War archenemies who are talking like old friends," he said. "This is very unusual."

THE ASSOCIATED PRESS

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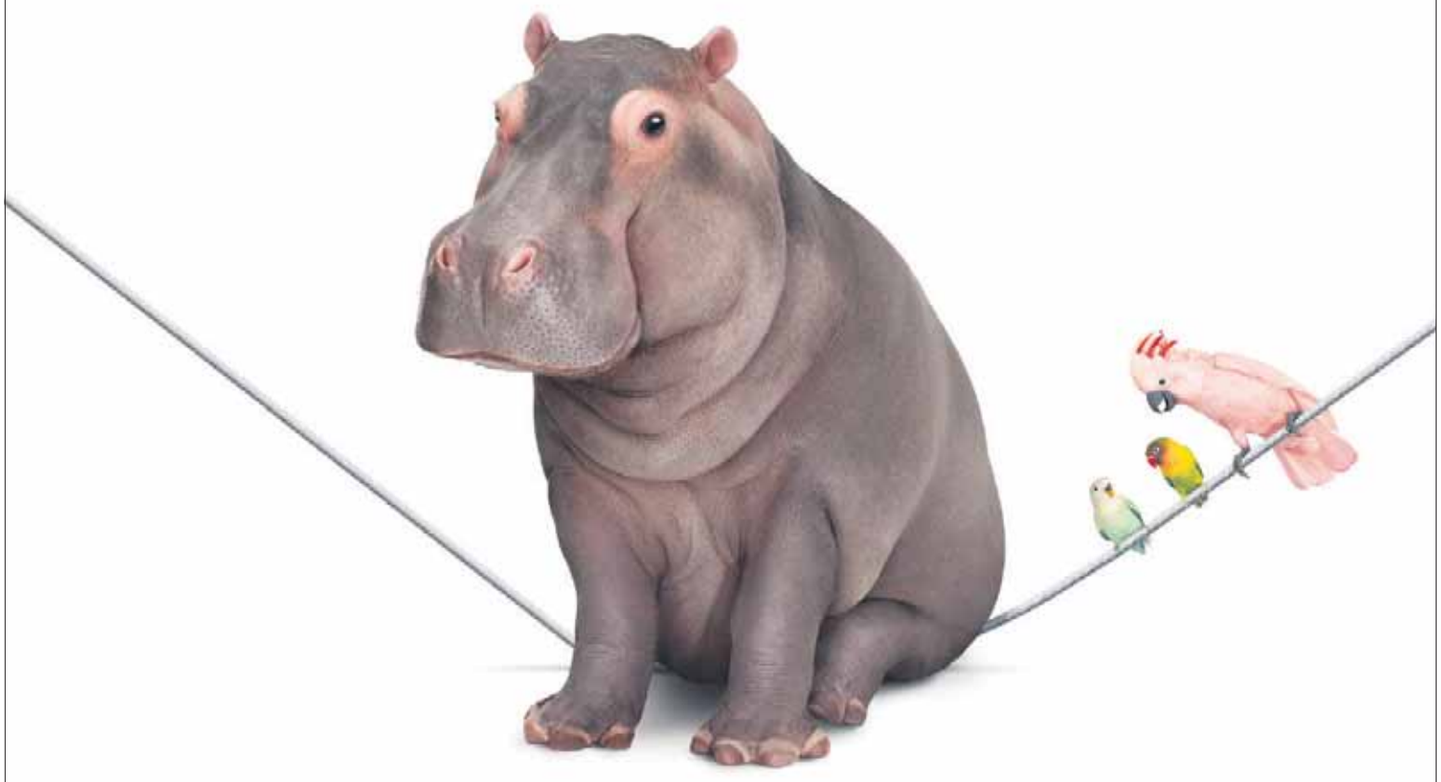

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Medical tourism. Tens of thousands of critically ill Canadians pay hefty price for out-of-province cutting-edge care

MATT KIELTYKA
Metro in Vancouver

Comfortable family-like settings help ease the stress for patients receiving life-saving care far from home. JENNIFER GAUTHIER/FOR METRO

Melanoma patient Mike Allan, top centre, travels from Prince George, B.C., to Edmonton every three months to receive treatment. CONTRIBUTED

Mike Allan wasn't lucid enough even to count down the final days to his death.

Laid out in a hospice, doped up on heavy painkillers and with his family having exhausted all possible avenues to treat his advanced Stage 4b metastatic melanoma, the Prince George, B.C., man had nothing left to do but live out the rest of his life in medicated ignorance.

Until his wife, Karen, received a call from Edmonton's Cross Cancer Institute.

"'I have an idea that might work, but you have to get him here right now,'" Allan, 55, says, relaying his doctor's call. "They threw me in the back of the truck with an oxygen mask and drove to Edmonton."

Flying wasn't an option.

In his condition, transporting Allan to Edmonton by plane would have cost $16,000.

Heavily medicated, Allan doesn't remember anything about that first eight-hour journey from northern B.C. to Edmonton in March of 2011.

All he knows, and all that matters, is that within a week of going on the clinical trial for dabrafenib (available only at the Cross Cancer Institute at the time), he miraculously went from being a terminal patient receiving end-of-life care to being able to breathe on his own.

"I'm still alive!" Allan says when asked how he's fared since, a common response for many cancer survivors.

Making that boast was virtually unthinkable when physicians in B.C. determined the grandfather had run out of treatment options for his skin cancer in 2009.

"Everywhere we went within the regular system, it was always 'no, no, no' and very negative," Allan recalls.

It wasn't until he consulted with Dr. Michael Smylie, a renowned oncologist at the Cross Cancer Institute, that the narrative changed.

"He looked at my chart, looked up at me and (said), 'I can keep you alive,'" Allan says. "It was inspirational that there was hope."

Since his astonishing turnaround, Allan has become something of a medical tourist.

The last person still undertaking his particular clinical trail (recently approved by the federal government as a treatment Canada-wide), Allan hops in his pickup truck and drives to Edmonton every three months for three days of exhaustive tests, treatment and followups.

He's not alone.

Every year, an unknown but sizable number of patients (the Canadian Institute for Health Information says there were 43,590 out-of-province hospitalizations in 2011-12, but does not provide details on the kind of treatments received) leave their communities for centres of excellence across the country that offer cutting-edge therapies and expertise that can't be found elsewhere.

The stresses and costs of travelling outside their communities for potentially life-saving care are staggering for the families involved.

Since clinical trails aren't covered under B.C.'s medical-services plan, Allan and his wife (with the help of some organizations such as Save Your Skin Foundation) put up the bulk of the travel and accommodation costs for each visit to Edmonton.

It's a trip they made 27 times in 2011, 19 times in 2012 and 16 times so far in 2013.

Some expenses can be written off through federal tax benefits, but that covers only a fraction of the cost.

"If I had known how expensive it was going to be, I would have bought a house in Edmonton," Allan jokes.

And then there's the long, winding 740-kilometre drive through some of Canada's harshest terrain.

It's treacherous at the best of times, and a nightmare when winter hits the Rockies.

"That's the most stressful part for us," Allan says. "The circumstances can be beyond your control. We've been stuck for 19 hours once because of a crash ahead of us."

Though he knows the cancer can come back at any point, linking up with an expert in treating melanoma has bought Allan priceless time with his family, including the birth of his grandson, Ryder.

Cost of out-of-town care

$2,800

The cost for families who need to travel to get crucial health care can vary greatly. Canuck Place — which covers the expense for its families — says it costs approximately $2,800 to feed a family of four per month at the hospice.

$3,100

Medical and nursing costs at the hospice range from $1,500 a day for a patient booked in for respite (usually a stable patient staying seven days at a time with family members to relax) to $2,500 for pain and symptom management, and $3,100 for a child receiving end-of-life care.

$40K

Clinical trials for new drugs and treatments can also be expensive, though pharmaceutical companies often pick up the bill. Save Your Skin Foundation founder Kathleen Barnard's clinical trial for melanoma cost a total of $40,000, but was covered by the drug company.

$3.3M

Hope Air — a registered charity that offers free flights for patients to get out-of-town health care — spent $3.3 million in 2012, 82 per cent of that directly on providing 6,091 flights.

It says 28 per cent of clients would otherwise have cancelled or postponed treatment had it not been for Hope Air's flight.

Quoted

"If I had known how expensive it was going to be, I would have bought a house in Edmonton."

Melanoma patient Mike Allan jokes about the expense of the 740-kilometre drive from his home in Prince George, B.C., for three days of treatment every three months.

Making the journey easier

Specialized care can drastically increase quality of life even when arduous travel is involved.

That was the case for the Thomas family of Kelowna, B.C. Their first son, Kaden, was born with a life-limiting heart disease and was quickly linked in with Vancouver's Canuck Place Children's Hospice — the pediatric palliative-care provider in B.C. with 77 per cent of its 450 annual patients coming from outside the Metro Vancouver area.

The family of four accessed Canuck Place for treatment, pain management, counselling and respite services for many years (they moved to Ontario at one point but returned for the drier climate of Kelowna and the care at Canuck Place) until Kaden died in September 2010 at the age of 16.

"The only option locally would be to have him admitted into hospital," mother Jennifer Thomas said.

Physicians at Canuck Place devised effective treatment and pain-management plans for Kaden — pain that local doctors had trouble controlling — and liaised with Kelowna care providers to ensure the wheelchair-bound boy was comfortable at home.

Hospice staff were able to answer "all the hard questions" when local pediatricians couldn't, Thomas said.

"We have just a handful of pediatric palliative-care physicians in the province, and five of them are here," said Canuck Place CEO Margaret McNeil. "A family wants to go somewhere where they know has the best experience with a particular disease. And because they're very complicated, it's hard for a local pediatrician to have that experience."

Brothers Kaden, right, and Colby Thomas were regular visitors of Canuck Place as Kaden received treatment for a life-limiting heart disease. CONTRIBUTED

Beyond medical care, Canuck Place takes the stress off families with counselling, family activities and camp trips many take for granted.

"We didn't have any support like that outside of B.C.," Thomas said. "It made a significant difference with our life, marriage and relationship with our children."

Canuck Place — which gets 80 per cent of its funding from donors — foots the bill.

"We really want to make it easy for families to be here," McNeil said. "We believe that there should be no barriers."

There are countless organizations that ease the financial burden of patients who must leave their communities.

Facilities such as Easter Seals House Vancouver offer rooms for $20 a night, so patients don't pay premium hotel rates while travelling for procedures.

Canuck Place CEO Margaret McNeil says the hospice does everything it can to ease the financial and emotional burdens of treatment. JENNIFER GAUTHIER/FOR METRO

The logistics and cost alone can be a defeating experience, says Save Your Skin Foundation founder Kathleen Barnard.

She ran the gamut in 2005 after being diagnosed with melanoma and is now dedicated to making the process easier for skin-cancer patients.

"It was so tough for us as a family," Barnard said. "Do I want to spend that much money and leave home on something offering a five per cent success rate or is it just an added burden?"

Organizations such as Barnard's exist so families don't have to compromise.

MATT KIELTYKA/METRO

Putting specialized care on the map

The health-care landscape across Canada changes constantly, as hospitals acquire new technology and specialists and provincial governments revise their health-care policies. Here's a look at some of the specialized care that Canadians travel for

Edmonton

Only a handful of surgeons can perform pediatric heart transplants. In Canada, most young patients get their new hearts at the Stollery Children's Hospital in Edmonton or SickKids Hospital in Toronto.

Toronto

SickKids: Children come to SickKids in Toronto for specialized treatments of rare cases and clinical trials. The hospital also has arrangements with some provinces for certain kinds of care. For example, Newfoundland and Nova Scotia send pediatric bone-transplant patients here.

Montreal

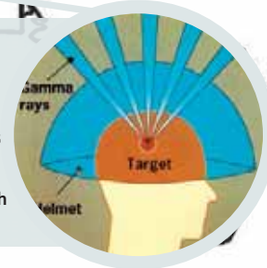
People seeking gender-reassignment surgery are often referred to the GRS centre in Montreal. The procedure is covered by most, but not all, provinces' health-care plans.

United States

Some Canadian patients must go to the United States for certain procedures, including Open MRIs (for patients whose claustrophobia prevents them from going in a traditional machine), some types of genetic testing, stem-cell transplants and certain complex orthopedic, ophthalmological and cancer procedures.

Winnipeg

Most Canadian patients who need gamma knife radiosurgery for treatment of certain kinds of brain tumours and other conditions go to the Winnipeg Health Sciences Centre or the University Health Network in Toronto.



Halifax

Patients from New Brunswick, Newfoundland and P.E.I. will go to the Atlantic Canada Multi-Organ Transplant Program at the Queen Elizabeth II Health Sciences Centre in Halifax for kidney, liver, heart and pancreas transplantation services.

TEXT: JESSICA SMITH & MATT KIELTYKA/METRO

SCOTIABANK TORONTO WATERFRONT MARATHON
METRO CUSTOM PUBLISHING

BOO-BOOS AND BEST TIMES FOR TEAM METRO RUNNERS

With just two months of training left before the big race, one runner has had to abandon the quest and another is nursing an injury.

The trouble started for Takara Small when she felt discomfort in her leg, but kept running through it.

"The pain was beyond the normal aches one gets from running, but I wanted to stick to my running plan," Small says. "I can't run in the marathon because I won't have enough time to train and get my leg into the shape it should be in."

Liz Brown is in the danger zone as she is feeling knee pain, but she took a week off from training to encourage healing. With strengthening exercises, such as lunges and squats, and direction from her Running Room coach, Brian, she hopes to continue her training.

There were some successes for the group, too. Hannah Zitner finished her first 30-kilometre run. Jessica Smith and Fernando Carneiro recently cleared big hurdles by completing 23km runs. Carneiro achieved his best time with his running group and Smith finished her most challenging run to date on hilly terrain in Nanaimo, B.C.

Who will cross that finish line on Oct. 20? Follow the team's progress at metronews.ca/features/couch-to-42k/.

Get great tips from The Running Room, the official training clinic partner of the Scotiabank Toronto Waterfront Marathon, plus more about the marathon at STWM.ca. – *Jennifer Melo*

THE TEAM

- Jessica Smith, 28, reporter/photographer
- Hannah Zitner, 32, online editor
- Fernando Carneiro, 36, national deputy editor
- Liz Brown, 32, editor for movies/travel
- Takara Small, 25, business columnist and online editor

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Are Google and NFL in talks over Sunday Ticket?

Television. With $48B in cash, web giant could easily take contract from current holder DirecTV

Google has been holding meetings with the National Football League, raising speculation that the Internet monolith is seeking new inroads into television.

Other tech companies like Apple are reportedly in talks with cable providers to boost access to blockbuster television shows through their devices.

With Google sitting on a cash pile of $48 billion US, the league's Sunday Ticket package is easily within its reach. The contract is currently held by DirecTV, which pays about $1 billion annually for the rights.

Baltimore Ravens fans watch Super Bowl XLVII. GETTY IMAGES FILE

That contract, however, expires at the end of the 2014 season. Citi analyst Jason Bazinet believes that DirecTV is losing money on the deal.

The NFL confirmed its meetings with Google Wednesday, but declined to discuss the nature of those talks, as did Google.

"Members of our office meet often with innovative leaders in Silicon Valley and around the world," the NFL said in a statement. "We are constantly looking for ways to make our game better on the field, in the stadium and for fans."

The Sunday Ticket Package provides fans with access to most out-of-market NFL games not televised nationally on ESPN or on NBC.

Google recently unveiled a device called Chromecast, which is part of its attempt to make it easier for people to access Internet content on their TVs. Chromecast is a small stick roughly the same size as a thumb drive that can be plugged into an HDMI port on flat-panel TVs. THE ASSOCIATED PRESS

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Facebook. Partnership aims to get 7B online

Facebook wants to get more of the world's more than seven billion people — all of them, actually — online through a partnership with some of the world's largest mobile technology companies.

Facebook Inc. announced a partnership called Internet.org on Wednesday. In addition to the world's biggest online social network, the group also includes Korean electronics giant Samsung, Finnish handset maker Nokia and wireless chip maker Qualcomm Inc.

Facebook said the group's goal is to "make Internet access available to the two-thirds of the world who are not yet connected."

The group's plans include developing cheaper smartphones and tools that would reduce the amount of data required to run apps. For Facebook, the move would certainly add more users to its current 1.15 billion, but CEO Mark Zuckerberg paints it as something bigger — he posted a paper on his Facebook page called Is Connectivity a Human Right? THE ASSOCIATED PRESS

An HTC First phone with a Facebook mobile interface is shown during a media conference at Facebook's head office. THE ASSOCIATED PRESS FILE

Wall Street

Bloomberg limits reporter access to client information

Financial data and news company Bloomberg LP said it has put in place new policies and procedures designed to prevent its journalists from accessing the subscriber information of its Wall Street clients. The moves stem from an outside review that followed complaints earlier this year. THE ASSOCIATED PRESS

Dallas

Ex-United steward will plead guilty in bomb threat

A former United Airlines flight attendant has agreed to plead guilty to making a bomb threat against a United jet flying between London and L.A. The man's attorney said United had declined to investigate claims that a male supervisor sexually harassed him. THE ASSOCIATED PRESS

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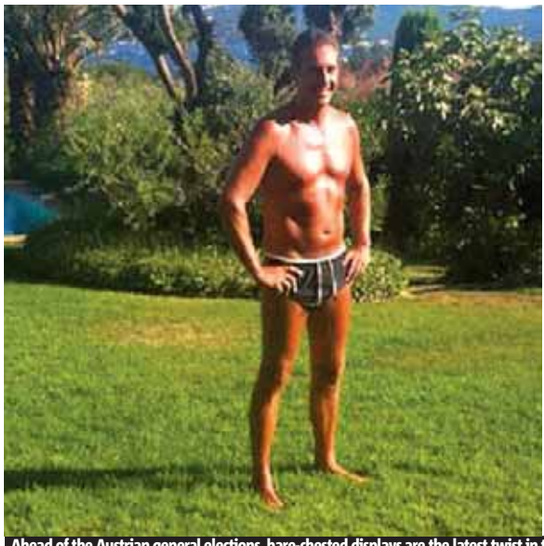

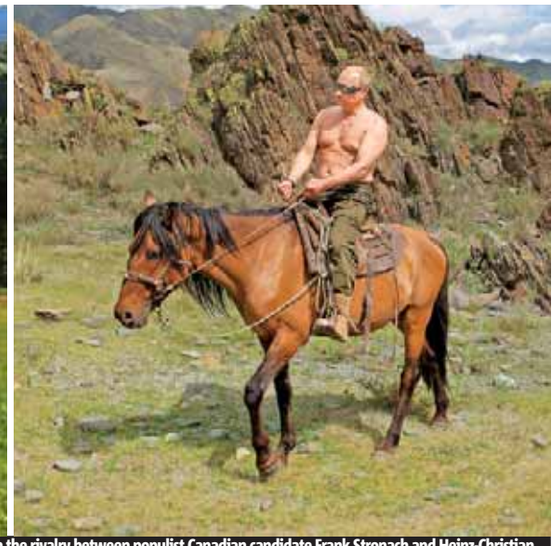

Ahead of the Austrian general elections, bare-chested displays are the latest twist in the rivalry between populist Canadian candidate Frank Stronach and Heinz-Christian Strache, left, who heads the anti-immigrant and EU-skeptic Freedom Party. The candidates seem to have taken a page from Russian President Vladimir Putin's playbook. Putin, right, is notorious for an array of stunts, including riding a horse bare-chested. LEFT: AUSTRIAN FREEDOM PARTY VIA FACEBOOK; RIGHT: THE ASSOCIATED PRESS FILE

Stronach, 80, hops on beefcake bandwagon

Austria. Canadian auto-parts billionaire takes his shirt off in bid for political office

Austria's general election campaign is heating up with two high-profile contenders — one of them a Canadian — going way beyond rolling up their shirt sleeves. They've now taken the shirts right off.

Borrowing a page from Russian President Vladimir Putin's playbook, the beefcake displays are the latest twist in the rivalry between populist Canadian candidate Frank Stronach and Heinz-Christian Strache, head of the anti-immigrant and EU-skeptic Freedom Party.

The two are both seeking the protest vote in Austria's Sept. 29 election. On a continent where mainstream electioneering is normally a staid affair, Stronach was first to doff his shirt.

Bare-chested battle

"I don't need to be ashamed of my body."

Frank Stronach, Austro-Canadian billionaire and founder of auto-parts giant Magna International Inc., as he revealed a trim 80-year-old physique to Austrian media.

Wearing jeans and a smile, he revealed a trim 80-year-old upper body as he stood next to his private lake during weekend interviews with Austrian dailies. "I don't need to be ashamed of my body," said the billionaire founder of auto-parts giant Magna International.

Strache responded immediately. A photo of the tanned and athletic 42-year-old clad in swimming trunks appeared Sunday on his Facebook page, with a caption reading "top fit in the election campaign!"

The battle went into Round 2 on Monday, with Austria's major newspapers carrying the photos along with articles debating whether they constituted below-the-belt campaigning.

Commenting on the "naked duel," the tabloid Oesterreich praised Stronach for "showing the new self-confidence of the generation '60 plus.' In politics. In fitness. In looks." But it warned that Strache's decision to challenge Stronach's gambit "with his fitness-centre muscles" now risks turning the campaign into a circus.

The rivalry started when Stronach founded his Team Stronach organization last year. It aims for the same voters that Strache's Freedom Party views as its own — Austrians disenchanted with both the conservative People's Party and the Socialists, parties that now form the government coalition.

THE ASSOCIATED PRESS

Market Minute

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(-0.78¢)

TSX 12,573.08 (-97.03)

OIL $103.85 US (-$1.26)

GOLD $1,370.10 US (-$2.50)

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10	49	39	28	23	111	88
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30	85	76	46	41	202	179
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TIME TO SHARPEN YOUR PENCILS

HE SAYS

John Mazerolle
metronews.ca

It's almost time for kids to head back to school, which means the back-to-school ads have been out so long that many of the principal actors in them have died.

It's given me lots of time to think about back to school, and reinforced for me how important it is to buy the right things for your school-aged children, lest you ruin their fragile lives.

No pressure.

I don't have kids myself, which makes me the perfect person to tell you what to buy for yours: Friends are always telling me about what their best-laid child-rearing plans are. But then their kids don't come according to spec and suddenly they're doing things they swore they'd never do.

So as a childless guy I can bring an unsullied perspective to the back-to-school purchases — and jump right to the decisions you're going to make anyway without the high-principled hand-wringing in between.

To me, back to school is the young person's version of New Year's resolutions — proof that we can start with a clean slate and get it right this time. A sweet lie, in other words.

I still miss the back-to-school gift package — mostly because I haven't had a nice, fresh set of clothes since 1993.

I've bought new clothes since then, sure, but I mostly replace items one at a time as they become too threadbare to wear. Sometimes I time it just right and walk into the Gap as a growing gap in my jeans reaches the breaking point, and my pants moult from my body as I enter the changing room, like a denim lobster.

So nothing was better than a whole set of new clothes, backpack and math gear (something where the dinosaur's head turns from different angles, please).

A school-grade kid can quickly build up a lot of baggage — in my case, a backpack filled with ink stains, crumpled papers from three months ago and a crushed banana I'd forgotten about.

But back-to-school supplies also offered a symbolic reset: I could forget about the time I cried in home economics because the teacher yelled when I forgot to add soap while washing the dishes. I could forget when I buried a rose in the snow because Missy Titus wouldn't accept it on Valentine's Day. It helped me forget getting a concussion playing soccer baseball (the concussion helped, too).

Those clean, perfectly folded shirts and pants lying on the bed brought a sense of order to my life. I don't know why I wasn't more popular.

So my advice to parents is: Buy distracting stuff. It doesn't have to be the best stuff, or the most trendy stuff. Just bright and shiny enough that your kids can forget how miserable school is. Bags of eraser shavings were popular at one point in my schooling. So don't go nuts.

With the right level of distraction protecting them from their school years, they can grow up to be whatever they want, maybe even the principals in back-to-school advertising. It's a year-round business.

ZOOM

Way to impress a lady

COURTESY RED BULL

Diver wows near Statue of Liberty

New York's Statue of Liberty was the backdrop for world champion diver Orlando Duque to leap from a helicopter hovering 75 feet (22.86 metres) above the Hudson River. Duque, 38, from Cali, Colombia, performed the stunt to promote the fifth stop of the Red Bull Cliff Diving World Series due to take place in Boston on Aug. 25.

METRO

Diver's viewpoint

"It doesn't get any better than diving in front of something as iconic as the Statue of Liberty."

Orlando Duque, high diver from Cali, Colombia

Dive in seconds

3

seconds is all the time Duque had to land a flying back somersault while travelling at speeds of 80 km/h.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Last year's taxes still not done? Instead of fretting over making time for these necessary-but-heinous tasks, why not get someone else to take care of them for you? Say goodbye to life's annoying administrative chores and hello to outsourcing with the help of these sites:

AskForTask.com:
Toronto-based startup connects people across Canada who either need a hand or have an extra one to offer for anything from cleaning the tub to building a website.

DoMyStuff.com:
Connects people needing help with people offering to give help with just about anything (though the site could benefit from connecting with a designer).

Letters

RE: Vancouver's Science World Trying To Teach Kids About Sex? How Dare They ... published Aug. 21

metronews.ca

They are already being sexualized between magazines, TV, video games, music, and other societal things. This is a huge learning moment for you and your children. Take it, show them and let them ask questions. Education is power, not ignorance or hiding.
Heather Avery posted to metronews.ca

It is better to teach the kids about sex so they can make an informed decision. I'd rather have the kids know about sex minus the self righteous moral guardians than have teenage pregnancies. I have seen that one first hand with someone I knew in middle school who was 13 and pregnant. She ended up dropping out shortly after.
Taggart Romkey posted to metronews.ca

Let's all assume: This is at a public event and establishment. Committees will have been involved in deciding what, and what not, to include. It will be suitable for both genders and for the recommended ages of viewers.

It will likely be better than anything an anxious parent, or a priest, or a misguided peer, or a movie could show and tell. And it provides an opportunity for parents to have an educated talk with their curious kids, or maybe become better educated themselves.

If I lived in Vancouver, I would go. If my kids were not already grown up, I'd take them. Maybe I'd see it myself first to see if it's suitable. We had all the sex conversations with them before they were old enough to reproduce, for their own protection and ours.
DaleWale posted to metronews.ca

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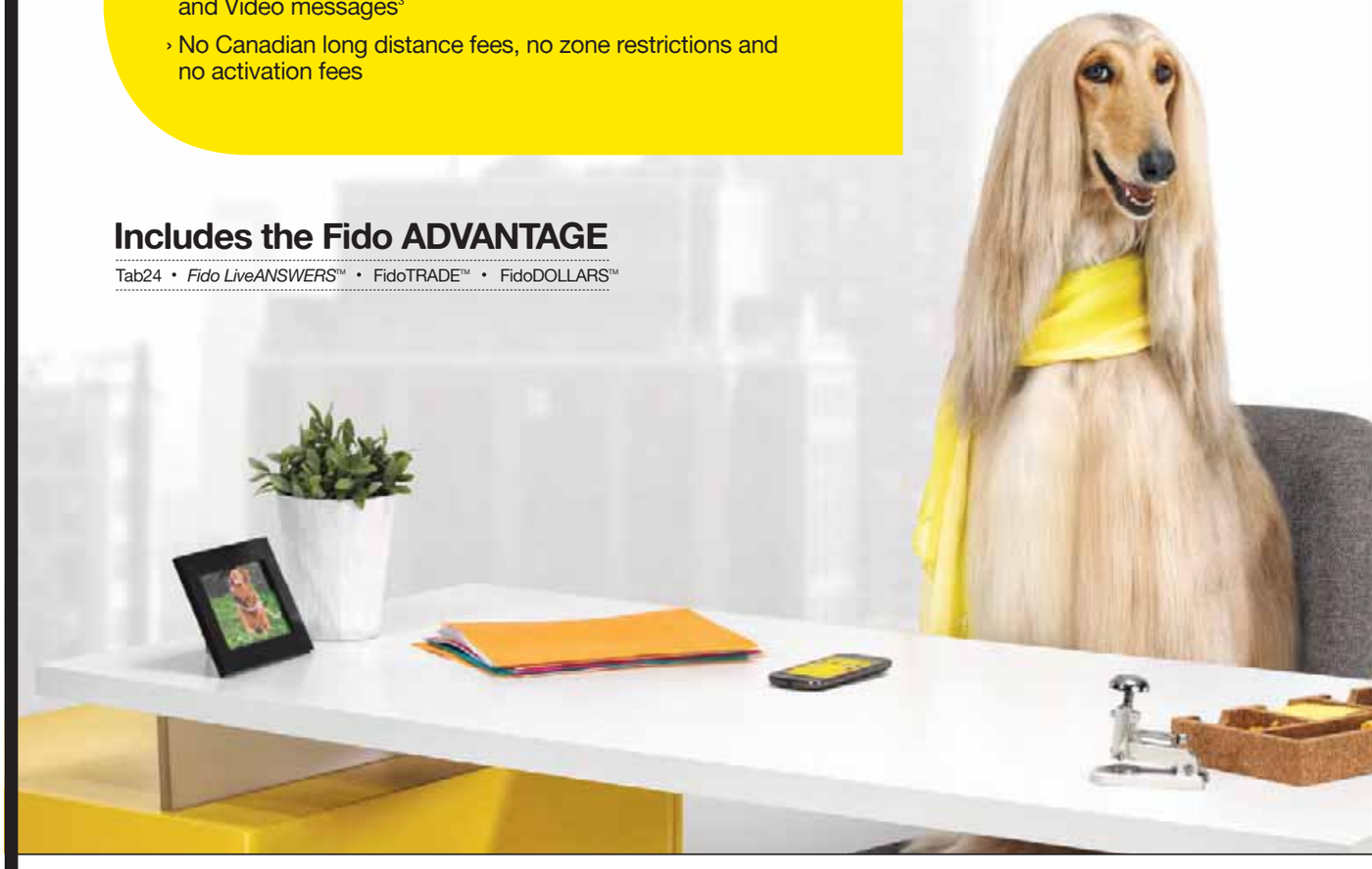

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Westmount Mall
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8339 Kennedy Rd, South Unionville SQ
Albion Mall
Markville Shopping Centre

MISSISSAUGA
Dixie Outlet Mall
Erin Mills Town Centre
Sheridan Centre
South Common
Square One Shopping Centre

NEWMARKET
Upper Canada Mall

NORTH YORK
Centerpoint Mall
Fairview Mall
Yorkdale Shopping Centre

OAKVILLE
Oakville Place

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Oshawa Centre

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Pickering Town Centre

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Hillcrest Mall

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Bridlewood Mall
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Rutherford Road
The Promenade Shopping Centre

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3015 Bloor Street West
2400 Eglinton Avenue
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333 King Street East
944 Kingston Road
1712A Queen Street East
290 Queen Street West
1448 Queen Street West
222 Spadina Avenue, Unit 3A
363 Yonge Street
2300 Yonge Street, Unit S22, concourse level
2674 Yonge Street
6064 Yonge Street
Agincourt Mall
College Park
Dufferin Mall
East York Town Centre
Eglinton Square Shopping Centre
Liberty Village Cellworks
Liberty Village Intown
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Don't worry, the jocks come in peace

Fan Expo. Put down your lightsabers, no Slurpees will be thrown during the event, which now has a sports component

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

These guys and sports fans are an unlikely pairing, but there's a lot of crossover, according to Fan Expo president Steve Menzie. CONTRIBUTED

Teenage politics always dictated that nerds and jocks sit on opposite ends of the social spectrum. So you'd be excused for wondering what the folks at Fan Expo are thinking by adding a sports component to the convention's 19th incarnation. Even Steve Menzie, Fan Expo's president, was skeptical.

"Frankly that was my initial concern," he says, "that it's going to be an episode of Glee, where the jocks are throwing Slurpees on the nerds."

Menzie came around when he saw the commonalities between the two worlds. Retailers already sell sports memorabilia side by side with the comic book, sci-fi, horror, anime and gaming items that make-up the annual explosion of pop-culture ephemera. And the event was born out of sports collectors shows in the early '90s. "There's a lot of crossover."

Jeff MacDougall, manager of 401 Games, Toys and Sports Cards on Yonge Street agrees there is a connection. But he sees a division between customers looking for sports cards and those who collect trading card games like Magic: the Gathering. "It's an age thing," he says. Younger collectors are more interested in something they can interact with. "You can't play a sports card."

But culture shock is nothing new to Fan Expo. Menzie recalls horror fans balking the first time anime fans started attending dressed as their favourite characters. "They may not get it or even like it, but there's an acceptance."

Just to be safe, the sports section is located in a separate building. Admission is included with a Fan Expo ticket, while sports fans looking to avoid the crush of cosplayers and fanboys can purchase a separate Fan Expo Sports ticket. "Sports fans aren't as accustomed to the Fan Expo culture," says Menzie. MacDougall agrees. "Fan Expo can be a zoo."

Fan Expo runs until Sunday at the Metro Toronto Convention Centre, 255 Front Street West. See fanexpocanada.com for details.

Investment or clutter?

- **No money in cards.** In the late '80s and early '90s kids bought into the hockey card market, stowing binders full of cards in parents' basements, hoping for a big pay-off down the road. So how is that investment doing? "There's no value there at all," says MacDougall. After watching prices skyrocket for the same cards kids once jammed into bicycle spokes, collectors started stockpiling. The result: "there's a lot out there and there's a lot in good condition." Today boxes of cards that once sold for upwards of $100 can be had for a 10th of the price. "There's just no interest."

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Saving the pennies for sinking pints

Interview. The man behind The World's End talks about how he kept it frugal when making his latest bromedy

NED EHRBAR
Metro World News in Hollywood

Martin Freeman, left, Paddy Considine, Simon Pegg, Nick Frost and Eddie Marsan star in The World's End. CONTRIBUTED

Edgar Wright knows how to stretch a dollar.

With his Cornetto Trilogy of films — the zombie rom-com Shaun of the Dead, the action bromance Hot Fuzz and his latest, the alien invasion pub crawl comedy The World's End — Wright tackles tales of arrested male adolescence and nostalgia but marries them with heaping servings of genre spectacle.

And that doesn't usually come cheap.

While he won't give an actual figure for the production budget of The World's End, Wright will say it was "more than Hot Fuzz, but less than Scott Pilgrim and less than Paul. And not even double what Hot Fuzz cost. So we absolutely put everything on the screen."

And the effects-filled, action-heaving film actually had a production schedule that was one week shorter than the one for Hot Fuzz. The secret to making it work? More work for Wright.

"The only way that was possible was that I had to direct second unit on Saturdays and Sundays," he says.

"So there were points in the movie where I directed for 20 days in a row without a day off — and I would do main unit and second unit, so I would start at eight in the morning, work through my lunch break and then all of a sudden do another four hours after the main cast had gone. And that was the only way to get through the schedule."

He pauses for a second and knits his brow.

"I'm really just trying to get some sympathy here," he adds with a grin.

But while the amount of money available to him to make a movie has increased since Shaun of the Dead or even Hot Fuzz, Wright still keeps frugality at the front of his mind.

"Everything that I've done has always been really tight to the wire schedule-wise, budget-wise," he says.

"The good thing about working with (the production company) Working Title is that they kind of leave you alone to make the movie on the basis that you keep under-budget and that you keep on schedule, which we did. And so then you can kind of do what you want. But believe me, I've never been in the position where I've felt like I'm having a money fight on set or something. I've never stood on the set and thrown dollars at people's faces."

Not much to say

Edgar Wright is a big fan of social media, using his active Twitter account for both promotion and communicating with fans and friends alike. But when it comes time to make a movie, he clams up on the subject.

- **Quote.** "I actually feel superstitious talking about future projects, which is why during World's End I actually went off Twitter for the entire production. And I'll probably do it again on the next film," he explains. "People want so much information and there's so many websites and everybody wants to do updates every hour all day. I think sometimes it's nice to just have less information out there. Because you don't want people to be sick of it before the film comes out, you know?"

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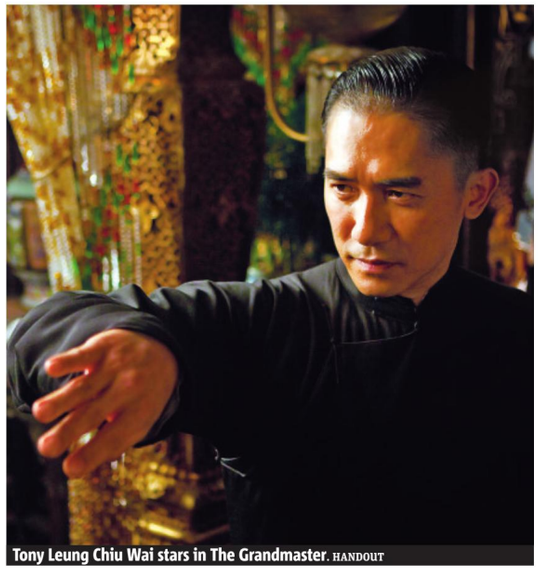
Wong Kar Wai takes on the master

China's past gets intense makeover.
Chinese director gives an action movie spin to the history of modern kung fu with The Grandmaster

NED EHRBAR
Metro World News in Hollywood


Tony Leung Chiu Wai stars in The Grandmaster. HANDOUT

Chinese filmmaker Wong Kar Wai takes a fantastical look at the history of his nation through the lens of kung fu with The Grandmaster, about Yip Man (Tony Leung), the father of modern kung fu who eventually taught Bruce Lee. But first, according to the film, he had to wrestle with China's changing political climate and go through a lot of gorgeously staged fights.

This film is "inspired by a true story." How much historical accuracy did you go for?
It's quite accurate. The only thing I invented was the character of Gong Er (played by Zhang Ziyi). This is a fictional figure, it's not a real person. But in fact this character is based on several remarkable women at that time. When China was going through the changes from the monarchy to the republic, there were a lot of great men, and at the same time there were also remarkable women coming from all walks of life. Before then women were taking a much more minor role. They had to be a good daughter, good wife, good mother, and at that point you see women trying to have their own rights.

The film examines how kung fu used to be incredibly exclusionary — solely an upper class pursuit.
In the traditional sense, martial arts were not for poor people. To practise martial arts you needed to be extremely wealthy because you couldn't do anything else. You had to practise — like, they had specific hours, like three o'clock in the morning and then three o'clock in the afternoon. Not too hot, not too cold. And then there are so many formalities. People visit you, you have to have a big party. When they leave, you have to send them with gifts. All these expenses, it's a big thing.

What does the Chinese film industry make of Hollywood films like Iron Man 3 participating more with the country's filmmaking world and audience? A welcome growth or a threat?
I always find it very silly to say, "As we are invaded by Hollywood" because we've been in this business for a long time. The only thing that's important is to keep the audience coming back to the cinema.

What do you make of the rising importance of the global audience for Hollywood?
Now we see very clearly that the film industry cannot rely on a single market. Even for a Hollywood film, they cannot live on the domestic market alone. They need the international markets. So that's why there's more and more focus on the Chinese market, because it's growing so fast. It becomes a major market for here, for everywhere.

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You're Next, mainstream movies

Interview. Indie cinema darling Adam Wingard finds success with a crossover flick about a horrible home invasion

MATT PRIGGE
Metro World News

Nick Tucci and Wendy Glenn star in You're Next. TAYLOR GLASCOCK

For years, director, writer, cinematographer (and occasional actor) Adam Wingard has laboured in the world of indie horror. After numerous shorts (including the V/H/S series), he made You're Next. Written by Simon Barrett, the film is a home invasion thriller with enough loose indie acting — and a sick sense of humour — to make it stand out. Made in 2011, it's now receiving a decent release by Lionsgate.

I read that you were shocked when You're Next got a strong audience reception during an early test screening. Were you not trying to make something to cross over?
Going into it, I was actually trying to make something more accessible, something that could be seen in a mainstream light as opposed to the movies we'd done up to this point. ... As a kid, I watched a lot of crazy, big-budget Hollywood movies, horror films and so forth. Those were the kind of things that initially made me want to make movies.

But the film still has a loose style.
I did want to use aspects of what you would normally consider a conventional cinematic language and integrate it into my kind of style. Still, I couldn't rely on overly shaky handheld camera movements and weird editing styles. Normal audience members, they just want to be involved in the story.

Are you reluctant to do more studio work?
I feel like as a filmmaker you have to give the studio thing a shot because at the end of the day every time you make an indie film, you're taking a gamble. ... Will somebody pick up this film? What will happen to it?

There are members of the mumblecore scene here. How did this approach jibe with the horror elements?
The mumblecore thing is about creating reality beyond what you usually see in cinema. You're not picking actors based on a role. You're picking roles based on actors. I wanted to bring that esthetic to it.

What is good acting?

You've worked with filmmaker Joe Swanberg, not only here but on several other projects. You two would seem to have different sensibilities entirely when it comes to filmmaking

- **Quote.** "I think I kind of opened his eyes to a way of filmmaking that was possibly a little sloppier than he was used to — the kind where you can get it done in a couple days. Working with him has been a mutually enriching experience for both of us. I opened his eyes to that kind of film, and he helped me understand what good acting was."

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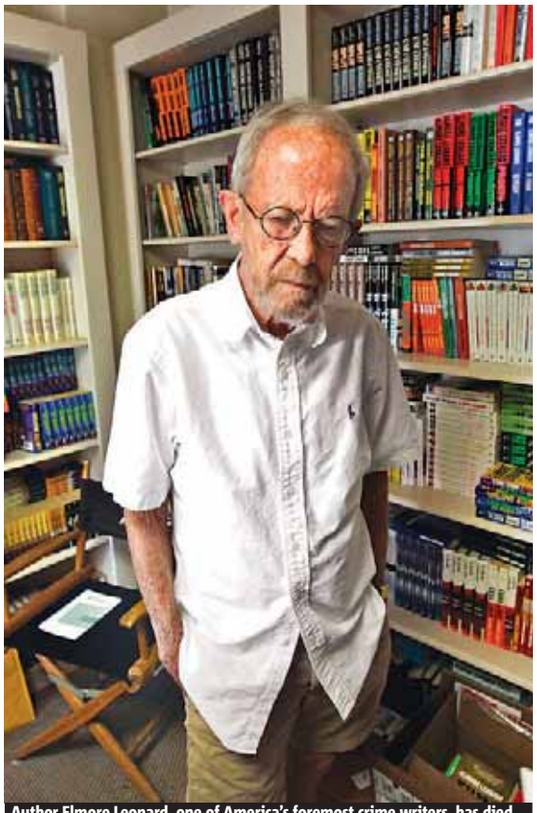


Author Elmore Leonard, one of America's foremost crime writers, has died. He was 87. PAUL SANCYA/THE ASSOCIATED PRESS

What Aerosmith, Clooney and great writing have in common

Elmore Leonard. From his celebrity guests, to his love of Detroit to always writing on paper, Leonard was a one-of-a-kind author

Here are 10 things to know about Elmore Leonard, the acclaimed crime novelist who died Tuesday at age 87.

1. HE WROTE ON PAPER
Leonard wrote longhand on 63-page unlined yellow pads that were custom-made for him. When a page was completed, he transferred the words onto a separate piece of paper using a typewriter.

2. HE HATED MANY OF THE MOVIES MADE FROM HIS WORK
Not one, but two films were made from his 1969 novel, The Big Bounce. The first, which starred Ryan O'Neal, "was probably the second-worst movie ever made," Leonard said in 2004.

3. HE HAD FANS IN ALL WALKS OF LIFE
His admirers included fellow writers such as Saul Bellow and Martin Amis. George Clooney hung out at Leonard's place while filming the big-screen adaptation of Out of Sight. Members of Aerosmith also visited.

4. AUTHORS LOVED LEONARD'S 10 RULES FOR WRITING
Often quoted by aspiring (and existing) authors, Leonard's list of writing dos and don'ts, which he wrote for The New York Times, included "never open a book with weather."

5. FAMILY AND FRIENDS DIDN'T CALL HIM ELMORE
As a sophomore at University of Detroit High School, the nickname Dutch was pinned on Leonard. And it stuck.

6. HE BELIEVED IN WORD ECONOMY
Leonard tried to keep his books under 300 pages.

7. A FEW DIRECTORS "GOT" LEONARD
In 2012, he said that his all-time favourite adaptation was 1997's Jackie Brown.

It was made by Quentin Tarantino.

And the last one

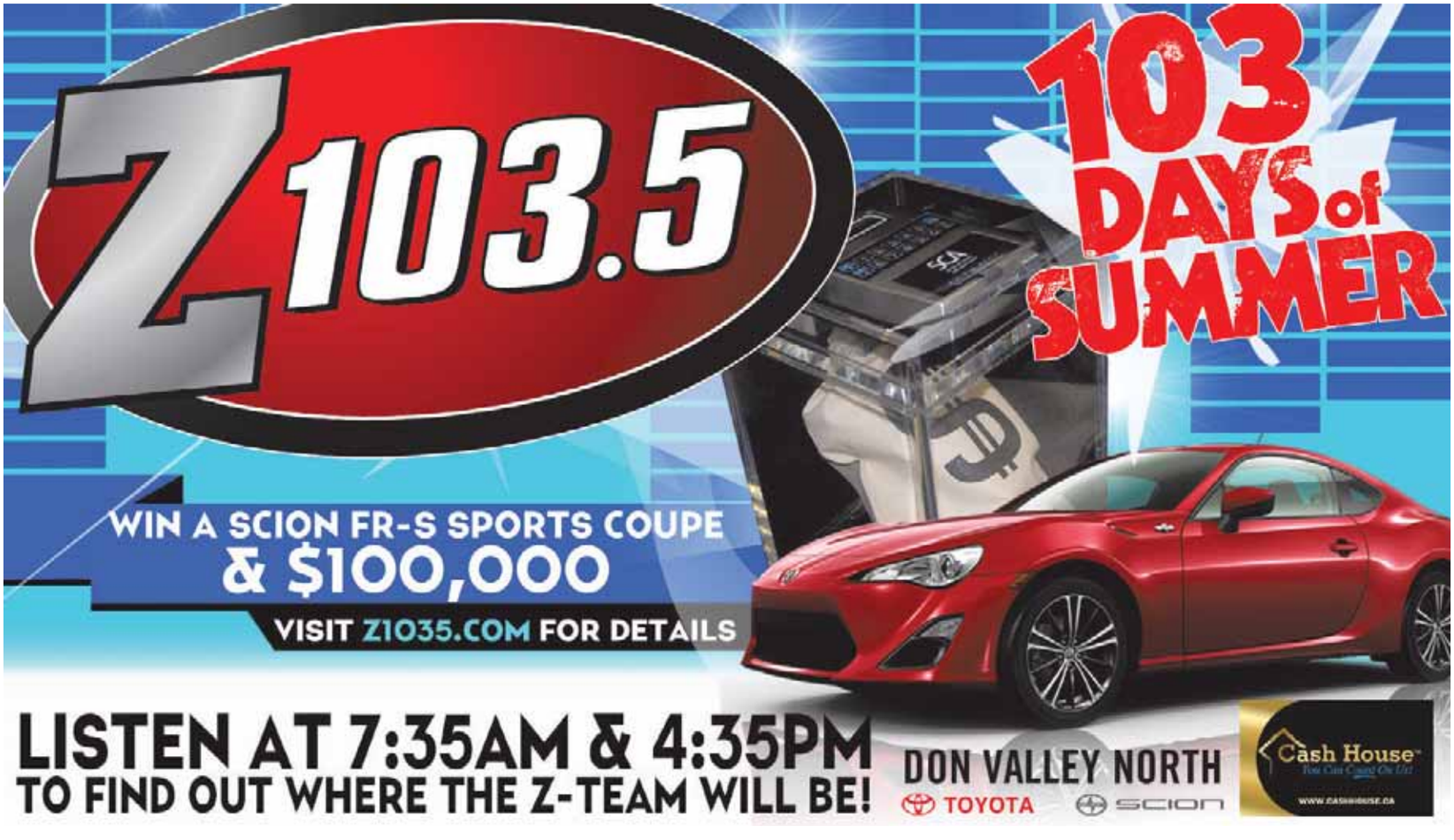
Here is number 10

- **LEONARD NEVER GOT TO FINISH HIS 46th NOVEL.** Raylan, which was out in 2012, now stands as his final novel. He told the AP at the end of last year that he was excited about his next work, which working title was Blue Dreams.

8. HE WAS A MOTOR CITY GUY
His father was a General Motors employee, and Leonard himself wrote advertising copy for Chevrolet and Westerns on the side after college. As a son of the automotive industry, Leonard wrote daily in eight-hour shifts from his home office. "Well, you've got to put in the time if you want to write a book," he said in 2010.

9. HE WAS A MOTOR CITY GUY, PART II
Sure, he was born elsewhere and lived in the suburbs for many years, but Leonard always considered himself a Detroiter. He set many of his novels there. In July, only days after Detroit became the largest city in the United States to file for bankruptcy, Leonard said he believed "we're going to get through it."

THE ASSOCIATED PRESS



Low profile Sean not big on being centre stage

Rapper seems to like the shadows. Miley Cyrus and Kendrick Lamar have benefitted from L.A. hip hop star's camera-shy nature

Big Sean has discovered that in order to find the spotlight, sometimes you have to stay out of it.

The rapper put Miley Cyrus front-and-centre in his recent Fire music video, with his face seen just briefly in the background. Then he released Control, featuring an explosively competitive verse from Kendrick Lamar that overshadowed his own and has become the talk of hip-hop. Both are leading up to his second album for Kanye West's GOOD Music imprint, which blends Sean's signature wordplay with some unexpectedly serious introspection.

Sean says licensing issues prevented him from including Control on Hall of Fame, out Aug. 27, but he wanted the song out "for the betterment of the culture." On the track Compton-bred Lamar, one of the year's breakout musicians, declares himself both "king of New York" and the West Coast, rapping that he wants to steal fans away from fellow rappers — including Sean. Sean said he deliberately didn't rewrite his own lyrics after hearing Lamar's verse: "I'm from somewhere where you live by honour. I'm not going to be cheating, man."

"Kendrick, when he dropped the names, it was such a dramatic thing. I love it. ... I haven't seen a song this exciting in rap music in years, and that's what it's all about," the 25-year-old said in an interview. "I already knew that people was going to be like, 'Kendrick's verse is the best!' ...I'm happy I could provide that moment."

The choice to highlight Cyrus in his video came from directors at DONDA, the company that West launched last year and has thus far focused on performance staging, album art and music videos.

"I wanted her to be a metaphor for ... people in general that made it through their own fire and came out strong, and as beautiful as a rose," Sean said.

Quoted

"I already knew that people (were) going to be like, 'Kendrick's verse is the best!' ...I'm happy I could provide that moment."

Rapper Big Sean
On Kendrick Lamar's part in his song Control

Sean's Hall of Fame features collaborations with Lil Wayne, Nas, Nicki Minaj and Miguel. It's the follow-up to his 2011 debut, Already Famous, which featured the hits Dance, My Last and Marvin & Chardonnay.

THE ASSOCIATED PRESS

Big Sean seems to enjoy avoiding the spotlight. MATT SAYLES/INVISION/AP

For the love of it

Born in California and raised in Detroit, Sean Anderson launched his career by impressing Kanye West with a freestyle rap in a parking lot of a Detroit radio station. Now, like West and Kim Kardashian, Sean is enduring public scrutiny for his relationship with Glee's Naya Rivera.

- "It's definitely something new for me and her," Sean said. "I don't look at her as my famous girlfriend, I look at her as my girlfriend ... it's just our jobs. It's my job to rap and it's her job to sing and act."
- He's already collaborated with Rivera musically, on her song Sorry. But his new album also includes the apologetic and heartfelt Ashley addressing his ex, longtime love Ashley Marie, written when the two were still dating. "I played it for Naya and she loved it, so I had nothing to worry about on that end. It's a true song," Sean said. "I'm not going to just change that because of what's going on. It's a good song."

THE ASSOCIATED PRESS

X marks the spot as old flames Hoult and Lawrence begin again

Talk about a sequel: It looks like Jennifer Lawrence and ex-boyfriend Nicholas Hoult have rekindled their romance. The pair, who first met filming X-Men: First Class in 2011 and dated until earlier this year, have been in Montreal filming X-Men: Days of Future Past — and spending plenty of off-duty time together, too, according to E! News. Lawrence and Hoult took a day off in Montreal's La Fontaine Park earlier this week. The still adorable duo, each clad in shorts, tank tops and shades, held hands as they walked along and then shared a bottle of champagne and a salad while stretching out on the grass. A source says they were very touchy-feely and laughed a lot during their outing. Earlier, they showed up at the film's wrap party together.

Jennifer Lawrence

Wentworth Miller ALL PHOTOS GETTY IMAGES

Russian invite rejection signals Miller's coming out

Prison Break actor Wentworth Miller declined an invitation to the St. Petersburg International Film Festival, publishing his response on GLAAD's website: "Thank you for your kind invitation. As someone who has enjoyed visiting Russia in the past it would make me happy to say yes. However, as a gay man, I must decline. I am deeply troubled by the current attitude toward and treatment of gay men and women by the Russian government. The situation is in no way acceptable, and I cannot in good conscience participate in a celebratory occasion hosted by a country where people like myself are being systematically denied their basic right to live and love openly."

Twitter

@ElizabethHurley
Another gorgeous day- is this the best English summer we've had for years? Bliss....

@MichaelChiklis
When I think of all the different languages that developed literally right next to each other I can't help but think: How did Europe happen?

@JuddApatow
At least I didn't eat fries. (Positive re-enforcement for the end of the day

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Scientology failed to get Bono and Brad on the hook

The Church of Scientology tried to recruit both Brad Pitt and Bono in the 1990s, according to former Scientologist Jenna Miscavige Hill, niece of Church leader David Miscavige. "I think that celebrities are more inclined to be egocentric and Scientology caters for that — you're your own God. They're probably being told that all the time," she tells Radar Online. "But they're probably insecure, so the self-help of Scientology lends itself to that. And Scientology is meant to save people and the world, so the charitable thing appeals to a celebrity. If you're egocentric, not always confident or insecure because of being in the public eye and want to be charitable, Scientology pushes your buttons. That's why someone like Bono would fit the bill perfectly as so many people know him." According to Miscavige Hill, Pitt went through the Church's entry-level Purification Program while dating Juliette Lewis but ultimately decided it wasn't for him.

metro

BACK TO SCHOOL

Thursday, August 22, 2013

One way to improve grades is to set up space to do homework in your home and make sure you have all the materials you need on hand to complete the daily school tasks. DMITRY KALINOVSKY/COLOURBOX

10 ways to manage homework

MICHELLE WILLIAMS
For Metro

Just about any parent will agree that one reason to not look forward to the start of school is homework.

Here are some easy and effective tips from Toronto District School Board principal Cassandra Alviani-Alvarez on how to smooth the homework waters in your house:

1 Reduce stress by setting a non-negotiable homework time around their after-school schedules.

2 Work with your child to set up a calendar showing everything that's due over the course of the week or month and plan homework schedules accordingly.

3 Help your kids get organized: Set up the space, have all the materials they need on hand, and remind them to put finished work in the knapsack so it's not forgotten in the morning.

4 Remember to remain calm. Things get heated quickly if a child is having difficulty and you are struggling to make things clear. Have patience and look for different ways of explaining the situation.

5 Encourage your child to take short breaks when they get stuck on something.

6 If kids are struggling to stay focused, try turning it into a game. Use a timer and challenge them to see how much they can get done in five or 10 minutes.

7 It's important to encourage them to try to make some effort before you pitch in and help. Read instructions and get them to articulate what they need to do first before you walk away.

8 Resist taking over the assignment. You want it to be a true reflection of your child's ability. Teachers know when they are getting a parent's work — the quality is very different.

9 If your child just isn't understanding a subject, send a note back to the teacher explaining the difficulty so you can work together to help your child through the challenging tasks.

10 Praise is important. Make sure your child knows they have done a good job when they complete their work to the best of their ability. Keep it positive as they go off to bed to set them up for success the next day.

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Get the upper hand

With these best bets for a high-tech education

MIKE YAWNEY
For Metro

While pens and pencils never seem to go out of style, the student in your life can get an upper hand on their classroom education with the help of a few gadgets.

Here are some of the best bets for a high-tech education this fall.

Vtech InnoTab 3S — $109.99
A tablet for youngsters to call their own. The durable InnoTab 3S comes preloaded with kid-friendly apps for a fun learning experience. Kids can create and play their own videos, MP3s and even surf the web on the kid-safe browser. Recommended for children ages three to nine. (vtechcanada.com).

Apple iPod Touch — $229 and up
Access tens of thousands of apps, ideal for the classroom. Your iPod can become anything from a scientific calculator to a language translator. Games and music are an added bonus for those students who have to endure lengthy bus rides to and from school. If you want a larger screen, the iPad or iPad Mini are more great choices. (apple.ca).

Sky Wi-Fi Smartpen — $199.99
Perfect for classes where students must take dictated notes. This "smart pen" records everything you hear, say, write or draw. Want to go back and hear what your teacher said in class? Simply tap a word on the page and the pen will replay what was said at that exact moment in time. Written notes can also be transferred to computer or tablet. (livescribe.com).

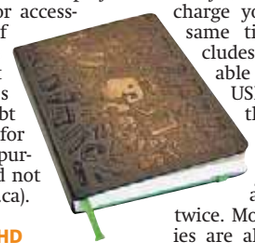
Moleskin Evernote Smart Notebook — $29.99
Everything written in this notebook can easily be transformed into digital notes thanks to smart stickers embedded in the pages. Just take a photo of the page with your smartphone and you can transfer your notes to your laptop or tablet. (moleskin.com).

Samsung Chromebook — $269.99
An easy-to-use, lightweight, budget-friendly laptop that boots in as little as eight seconds. Chromebooks use Google's Chrome operating system and are designed for web connectivity. All of your homework, emails and assignments are stored online using Google's cloud services. This means you have access to your work anywhere, as long as you have Internet connection. Chromebooks require Internet connectivity to be useful, so make sure your child's school has widely accessable Wi-Fi before considering a Chromebook. (futureshop.ca).

Sony Xperia Z — $149.95 with two-year contract
Leaking drink boxes and water bottles can create a real mess in a backpack. Your homework may get soggy, but Sony's Xperia Z smartphone can withstand even the wettest conditions. It is water- and dust-resistant, which means it can be tossed into a backpack with little fear. The five-inch HD display is perfect for accessing tens of thousands of apps that students will no doubt use only for homework purposes — and not games. (Bell.ca).

Kindle Fire HD — $214 and up
Make reading a little more fun. The Kindle Fire HD doubles as an eReader and tablet. Not only can you access more than one million titles from Amazon's library, you an also download some of the most popular Android apps. The best feature is the parental controls that allows you to limit the amount of time your kids play games or use apps on the device, ensuring homework gets done. (amazon.ca).

Powerbag, $128.



Powerbag — $128
Carry everything you need for class plus charge your gadgets at the same time. Powerbag includes a built-in rechargeable battery pack with USB port to charge thousands of gadgets. The 3000mAh battery has enough juice to charge the average smartphone twice. More powerful batteries are also available. (amazon.ca).

Clockwise, from left, Vtech InnoTab 3S, $109.99, Samsung Chromebook, $269.99, Sky Wi-Fi Smartpen, $199.99, Apple iPod Touch, $229 and up, Kindle Fire HD, $214 and up, Sony Xperia Z, $149.95 with two-year contract, Moleskin Evernote Smart Notebook, $29.99.

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Parents. Stay in the loop

It won't be long before parents start to think — and worry — about the arrival of the first report card. While this event can be stressful for parents and students alike, Dr. Nick Whitehead, the CEO of Oxford Learning Centres, says a key to eliminating such stress is open communication with your child's school and teachers.

"Parents and teachers may not have time for weekly sit-down meetings, or even lengthy telephone calls, but in the age of email, there's no reason for parents to be out of the loop on what their child is up to at school," he said. "Waiting for the first report card can be risky. Why wait to discover if your child is struggling? Instead, regular email communication with the teacher can lessen stress and make parents aware of problem areas before issues get out of control."

Parents should remain in the loop on what their child is up to at school. YANLEV/COLOURBOX

There is plenty that parents can do daily to stay on top of their child's academic progress. Here are a few helpful tips:

- Communicate with the teacher every week. It takes five minutes to ask how your child is doing.
- Review past report cards. Issues from last year are likely to reappear, so review previous reports, and watch out for reoccurring trouble.
- Follow up when a test is returned to your child. How did it go? Were the results what you were expecting?
- Don't wait. If there are any issues, seek help as soon as you learn of them, rather than waiting to discuss them after report cards come home. NEWS CANADA

HELP KIDS GET BACK TO SCHOOL

Laxmi is a student in Nepal. You can make a difference at cbmcanada.org/pledgeschool.

CONTRIBUTED

CBM AIMS TO BREAK THE CYCLE OF POVERTY AND DISABILITY

Soon, you will see them everywhere — children on their way to school.

Now picture these children crawling to school, pulling themselves along the street. One child crawling over sharp rocks. Another child dragging her body through a muddy ditch as classmates race past. This sight is unthinkable here in Canada.

In poor countries like Nepal, however, and for one little girl named Laxmi, this is reality.

Every day, for years, Laxmi watched her sisters run out the door of her family's mud house. As they would race ahead to school, Laxmi followed slowly behind, balancing on her hands and one good knee. She would spend hours every day pulling herself over rocky streams and up steep inclines. Dragging her right leg, small and useless, behind her.

And, as hard as it is to believe, Laxmi is one of the lucky ones. Even though her trip to school is long and painful, at least she is able to get there. At least she has lived long enough to see school age.

Most children who live in poverty with a disability never see the inside of a classroom. They either die in infancy or can't make the trip to school. Others aren't considered worth the school fees or can't take the bullying once they get there.

By the end of September, **cbm's** goal is to give 1,000 children like Laxmi the ability, the confidence, and the opportunity to go to school. **cbm** can only do it if people like you believe that children like Laxmi deserve to go to school. For just $30, you will ensure one more child like Laxmi is found and started on ability-restoring care.

Find out how you can help kids get back to school at cbmcanada.org/pledgeschool.

cbm is the world's leading development organization focused on breaking the cycle of poverty and disability, and setting children like Laxmi free for life.

Head to class in style

Left, an army jacket ($79.99), jersey tunic ($14.99), skinny jeans ($24.99), leather booties ($69.99), a plaid backpack ($39.99) and beanie ($14.99) from Winners (winners.ca).

A camo jacket ($34.99), hooded denim vest ($29.99), graphic T-shirt ($12.99), coated jeans ($39.99) and brand name leather skate shoes ($39.99) from Winners (winners.ca).

One of the big highlights for kids heading back to class is all the amazing new fashions. Here are some fall trends to look forward to from H&M Canada showroom manager Karen Richter.

1 Urban chic. Dress with attitude for life in the city. It's a basic and fun look, inspired by graphics and lots of bright accent colours. Styling is cool, casual and modern.

2 Rocker vibe. Think of a cool party look with rock influences — denim and stud details, mesh, velvet, lace and chiffon for girls. The key look for girls is a black party dress, styled with a hat and sneakers. The key look for boys is a printed T-shirt, hoodie and studded slim jeans.

3 Sporty activewear. Playful, comfortable, safe, easy wear (and easy care) garments. This trend includes lots of bright, bold colours and simple relaxed shapes.

4 Multicultural street-inspired. It's a sharp and clean look inspired by the '90s, a quirky mash-up of prints and colours. Anything goes with this trend — kids can feel free to express themselves and dress according to their own personality.

5 Romantic. Dreamy and girly, featuring pastel colours, shiny text prints, flowers, lots of embellishments, sequin and lace details. Key looks include a sequin dress and cardigan, or a knitted sweater and tulle skirt with ballerinas and cute accessories.

6 Layers. Think current trends combined with classic basics and layered with warm accessories — denim, hoodies, leggings, cardigans and chunky knit hats, mitts and scarves. Look for neutrals, bright colours and classic prints like stripes and dots.

7 Urban nature. Inspired by the great outdoors, the look is relaxed, comfortable and casual. The key look is a flannel shirt, jacquard knitted cardigan and a padded vest with slim utility pants. Style with boots, a knitted beanie and a parka.

8 Animal prints. Leopard and zebra print are key, but also images of the animal itself. Style an oversized knitted sweater with animal prints and a brightly coloured slim-fit pant, or, for a more daring look, a brightly printed leopard coat.

MICHELLE WILLIAMS

A biker jacket ($29.99), French terry sweatshirt with lace hem, camo-print skinny jeans ($16.99), designer leather combat boots ($44.99) and polka dot backpack ($29.99) from Winners (winners.ca).

A kitty sweater ($29.99), button-up shirt ($19.99), skirt ($29.99), quilted backpack ($34.99), patent loafers ($59.99), collar necklace ($59.99) and watch ($19.99) from Winners (winners.ca).

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Lending a hand has its benefits

Positive relationships. Seeing parents at school can help kids understand the value of education

MICHELLE WILLIAMS
For Metro

Parents can help support their children and their school by volunteering. COLOURBOX

As a parent, you may not be convinced there are many good reasons for spending time in your child's classroom. But educators disagree.

"There are loads of good reasons for parents to participate at school," says Toronto District School Board principal Cassandra Alviani-Alvarez.

She said that when kids see parents in a leadership role in school they begin to understand the value of school — knowing that your parent is there validates school's importance.

"Parents also can use this opportunity to build positive relationships with their child's teacher," Alviani-Alvarex said. "Helping out at school also allows you to help make things happen, whether it's field trips, enriching classroom opportunities or making money for the school to buy the things they need. And, most of all, it's pretty exciting for your kids to have you in their environment."

Kids feel proud when parents are there to see their work and meet their teachers and peers.

Being in your child's classroom has direct benefits to you as a parent, too. It gives you the chance to see your child in the classroom, to understand how they are performing, who your child's friends are, and seeing that they are safe, learning, happy and engaged.

Just a few words of warning — you will need to submit to a police check to become a regular volunteer in the school.

And watch that you don't overdo it. Spend no more than one day a week in your child's classroom — you don't want your child to depend too much on seeing you there.

If you want to spend more time helping in the school outside of your child's classroom — or if you have a job and can't be there regularly during the day — know that there are other ways you can support the school community and have a voice, such as joining the parent-teacher association.

"You can also help out at events and field trips, or in other areas of the school, like the library or the lunchroom," Alviani-Alvarex said.

"You can coach a team, drive to games, help with computers, a garden and share talents or skills. There are endless ways you can help the school, support your child's education and have an enriching experience for yourself."

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Lime Ridge Mall
Lynden Park Mall
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ASUS recommends Windows 8.

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Electronic checklist

Leaving for college. Check out these tools and appliances that score top marks

MICHELLE WILLIAMS
For Metro

If it's time for your super student to leave the nest and set up a living space, you will need this electronic checklist of amazing appliances and cool tools that score top marks.

Panasonic toaster oven ($149.99) is compact, attractive, user-friendly and easy to clean. Ideal for student chefs with limited access to a kitchen or time to cook. (Panasonic.ca).

Kobo Arc ($199.99) is a multifunctional tablet, perfect for reading curriculum materials and doing research. It features more than 700,000 apps and games to keep students entertained. (Kobo.com).

ASUS MeMO Pad HD 7 ($160) is new, trendy and a total performer with loads of storage and functionality. Easy to use, store and carry, it's the perfect tablet for university students. (BestBuy.ca).

Tassimo Single Serve Coffee Maker ($79.99) is great for late-night studying. Small, sleek, easy to use, just pop in a T DISC with barcode technology for your personalized cup of coffee, tea, hot chocolate, cappuccino or latte. (FutureShop.ca).

Hamilton Beach Single Serve Blender ($19.99) makes a smoothie, power drink or milkshake, just the right size for storing and preparing a drink you can take with you. Just pop on the "to-go" top. (FutureShop.ca).

Samsung Galaxy S4 ($229.99) delivers incredibly clear and vibrant photos, games, apps and videos. Dual shot takes simultaneous front and rear shots, and drama shot gives you rapid-fire photos for a time-lapse effect. (FutureShop.ca).

HP Photosmart ($199.99) wireless all-in-one inkjet printer is perfect for all college students — it prints, copies, scans, faxes, and even accesses content from the Internet using the colour touchscreen display. (hp.com).

MacBook Air (starting at $999) is the lightweight notebook that will manage almost every aspect of student life. With the latest Intel Core i7 processors, MacBook Air has plenty of power and seven hours of wireless web time. (Apple.ca).

Clockwise, from top, ASUS MeMO Pad HD 7, $160, Samsung Galaxy S4, $229.99, Panasonic toaster oven, $149.99, Hamilton Beach Single Serve Blender, $19.99, Tassimo Single Serve Coffee Maker, $79.99.

A parent's guide to college

It's hard to believe that your university-bound student is about to leave home in a few short days. If it's your first time sending a child off to school, here are some important things to consider:

Your child needs to be able to manage in a big-school environment. Many kids are used to smaller schools and parents who take a hands-on approach. Once they head off to university, that changes drastically.

"Make sure you teach your kids about self-advocacy," says Carolyn McLarty, head of guidance for Garth Webb Secondary School in Halton (Ontario) Region. "They need to have the tools they need to figure things out and find answers when parents aren't around to help."

Attending an orientation together is a great idea — you will find out about the support people your student can to connect with about anything from trouble with a subject to dealing with stress or homesickness.

Have some good discussions before your child leaves. You need to be sure your child has a clear understanding about things like time management, sex and birth control, drinking and drugs, and proper nutrition.

Teach the basics of cooking, cleaning and laundry. A surprising number of students have no skills in these areas. It's not too late — show them how to operate a washing machine and dryer and do a few loads together.

MICHELLE WILLIAMS

The foolproof transitional season uniform

The perfect, simple outfit to cleanse your palate before autumn's trends roll in

METRO WORLD NEWS

The simple, classic white shirt and jeans combination is an under appreciated thing. Too often it gets bogged down with hyper-personalization: a wacky jacket here, piles of quirky necklace layering there. It's that rare, perfect outfit in which a set of fashion staples converge in a can't-screw-it-up formula. But sometimes, the best way to pull this off is by not tampering with it too much. The simplicity makes this look a nice breather of a palate cleanser before preparing to unpack all of the heady, intensity (bell shaped skirts the size of small cities anyone?) that will be autumn's trends.

Topshop
Moto Smokey Green Leigh Jeans, $76, topshop.com.

Lizzy Disney
Lock Bag – Black, $430, darkroom-london.com.

& Other Stories
Leather Belt, $44, stories.com

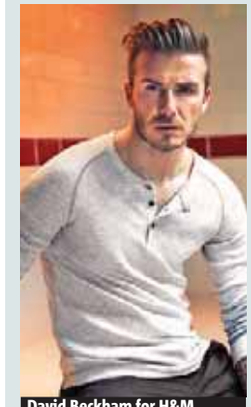
Charlie Collins, who we spotted in London, looks flawless in an unaffected kind of way because she didn't go overboard with the styling. METRO

Zara
button neck blouse, $50, zara.com.

Loeffler Randal
Pippa Collar flats, $275, shopbop.com.

Spitfire
Mainstream Wayfarer Sunglasses, $41, asos.com.

Dress it like Beckham



David Beckham for H&M
HANDOUT

H&M to sport the vintage and the varsity this season

Trend-conscious gentlemen who head into H&M this fall will likely pick up on the heritage sportswear feel of David Beckham Bodywear pieces. The newest campaign launched on Aug. 22 and is full of old East London atmosphere. Raglan-sleeve jersey and henleys come in athletic greys, alongside grey tank tops and a three-pack of grey trunks.

Pajamas are an essential both for lounging and sleep, and this autumn there are ribbed pajama pants, as well as full-length or short pants in drawstring jersey.

Coinciding with the new pieces will be a brand-new campaign set in an old-style sports changing room. It marks the latest stage in David Beckham's long-term collaboration with H&M, centred on a core collection of body wear pieces which are available all year round.

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Trends Report

- Does the thought of insects creep you out? Now, how about using these creepy crawlies to keep you pretty? Go online to Trends Report to learn about some bizarre bug-inspired beauty secrets reportedly used by the rich, royal and famous.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK

The Kit

Canadian street style

Spotted in: Toronto

Angie

International Master student

What she's wearing

Shoes from Sportsgirl, Chicabooti shorts, Sportsgirl shirt, sunglasses from K-Mart, Michael Kors watch, and H&M purse.

Her inspiration

"A good deal! Anything comfortable and casual, but still comes off as being well put together. I walk everywhere, so I get a lot of ideas from people watching and street style."

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Our view of beautiful Bonne Bay! @writersatwp #Newfoundland

Last nite's Legion Hall jam with Peter DeSoto, Mintzse, Sandy Morris, Des Walsh+Charlie Payne. #Newfoundland

Maybe too steamy today, but looking forward to a cozy fall in my new @EDITbyJeanneB graphic poncho

With the suave @DanJLevy playing with our glasses @theloop @DLeyewear @FyshUK @EDITbyJeanneB http://www.DLeyewear.com

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Mirror, mirror on the wall, who's the most versatile risotto of them all?

"This is a great risotto recipe that uses lemon and asparagus as its flavour boosters. Feel free to experiment with other vegetables and cheeses to create your own signature risotto," writes Mary Rolph Lamontagne in her book Eats.

Ingredients

- 3 cups chicken stock, approx. (or vegetable stock for a vegetarian option)
- 2 tbsp olive oil
- 1/4 cup minced onion
- 1 cup arborio rice
- 1/4 cup dry white wine
- 1/2 tsp lemon zest
- 1/4 cup soft goat's cheese
- 1/2 cup freshly grated Parmesan cheese
- 1 cup cooked, chopped asparagus
- Salt and pepper
- 1 tsp butter
- Pea shoots (optional)

1. Bring the stock to a simmer in a saucepan.

2. In a separate medium-sized saucepan, heat 2 tablespoons of oil over medium heat. Add the onion and cook for a few minutes until translucent. Add the rice and cook for 2 minutes more, stirring until nicely coated and opaque in colour. Add the wine and stir until most of it has been absorbed.

3. Add 1/2 cup of stock to the rice, stirring continuously until the liquid is almost completely absorbed. Add more stock in 1/2 cup increments and repeat this process until the rice is tender, but still firm to the bite, 15–20 minutes. Remove from the heat.

4. Gently stir in the lemon zest, goat's cheese, Parmesan and the asparagus. Add salt and pepper to taste and the butter. Cover and set aside for 3–5 minutes. Serve with a garnish of Parmesan shavings and pea shoots.

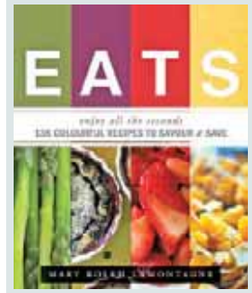
Asparagus Risotto

This recipe serves six. CONTRIBUTED/ EATS BY MARY ROLPH LAMONTAGNE

RECIPE IS EXCERPTED FROM EATS ENJOY ALL THE SECONDS: 135 COLOURFUL RECIPES TO SAVOUR BY MARY ROLPH LAMONTAGNE, WITH PERMISSION.

Cookbook of the Week

A splash of colour for your table



Eats by Mary Rolph Lamontagne is filled with creative recipes and simple basics — from all over the world — that make using leftovers a breeze. Fruits and vegetables (the most highly wasted items in a fridge) are prepared in master recipes and then reinvented in three or four others. Mary also offers tips for buying, growing, cooking, storing and freezing ingredients.

Among the recipes are: Tanzanian Eggplant Curry, Apple Sauce Spice Muffins, Spinach and Ricotta Gnocchi, and more. METRO

TOSS PASTA MISCONCEPTIONS

Recent fads promoting low-carb diets blast pasta for being unhealthy, but in reality pasta provides the perfect foundation for a nutritious meal. Registered dietitian Andrea Holwegner sets the record straight and offers some insight on the health benefits of pasta:

When eaten in the recommended portions and combined with healthy sides, pasta is part of a healthy diet. It's low in fat, can be a source of B vitamins and each 85g serving has about 300 calories.

Carbohydrates in pasta are turned into glucose, your body's main energy source. These carbohydrates can improve performance when exercising.

Make your meals even healthier by using pastas with added nutrients such as Barilla PLUS® with protein, fibre and omega-3.

Andrea Holwegner (BSc, RD) is founder and president of Health Stand Nutrition Consulting Inc.

*Omega-3 polyunsaturated fatty acids © 2013 Barilla Canada Inc.

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The next time you are looking for a quick and easy dinner dish, try this healthy recipe recommended by Andrea Holwegner.

More pasta recipe ideas are available at **www.barilla.ca**

Penne with Italian Sausage, Oyster Mushrooms, Butternut Squash & Oven-Dried Tomatoes

PREP TIME: 2 HOURS | COOK TIME: 15 MINUTES | SERVES 4

INGREDIENTS

1 box Barilla PLUS® Penne
1 pint cherry tomatoes, halved and seeded
2 tbsp extra virgin olive oil
1 small onion, diced
¼ pound Italian sausage, casings removed
1 small butternut squash, largely diced
1 pound oyster mushrooms, thinly sliced
Salt and pepper to taste
¼ cup Parmigiano Reggiano cheese, grated

PREPARATION

1. Preheat oven to 220˚F. Place cherry tomatoes on a baking sheet and dry in the oven for 2 hours.
2. Bring a large pot of water to a boil.
3. Heat olive oil in a large skillet over medium heat.
4. Cook pasta according to package directions.
5. Add onions to skillet and sauté for 2-3 minutes or until lightly browned.
6. Add Italian sausage, brown well and crumble.
7. Add squash and sear until brown, about 3-4 minutes.
8. Add ½ cup of hot water and simmer 5 minutes until totally reduced.
9. Add mushrooms to the skillet and sauté for 2 minutes.
10. Add tomatoes and season with salt and pepper.
11. Add ½ cup pasta cooking water.
12. Drain pasta 1 minute short of required cooking time and add to sauce to finish cooking.
13. Remove from heat and toss with cheese.

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Global style comes to Canada

Zara Home opens in the Great White North, allowing Canucks access to the Spanish store's decor gems.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

When Zara fashion stores first opened in Spain more than 30 years ago, they were a big hit.

Their up-to-date fashions at affordable prices has always kept the global-style shopper happy. Now home decor enthusiasts have something equally exciting to look forward to: Zara opens its first home decor and style store at Yorkdale Shopping Centre in Toronto on Thursday, followed by an opening at Carrefour Laval in Quebec.

From small furnishings, bedding and tabletops Zara offers up-to-the-minute home fashions for every room in the house. Twice weekly new home fashions will be delivered to stores to keep the merchandise fresh and the assortment new every time you visit.

Canadians can now also shop online at zarahome.com.

I went shopping around and here's a sneak peak at a few of our in-store and online favourites; luxury-styled items caught my eye as must-haves this fall.

Expect a wide range of decor styles to be sold at Zara stores and online. New products are introduced every two weeks, which gives home decor enthusiasts a reason to visit the Zara stores often.

Ceramic Lamp $200

Navy and white never go out of fashion and look crisp with the neutrals or pops with other strong colours. Switch the white shade for a gold metallic and it will go from traditional-chic to instant glamour. Buy these in pairs — a good way to display classic lamps.

Gold Monogrammed Flatware $10-12

Gold is one of the season's biggest decor trends, so why not add it to your dining experience? These are ultra chic and not just for formal occasions. After all, you deserve the everyday lux experience of eating with this latest trend.

Square Glass Tables $270

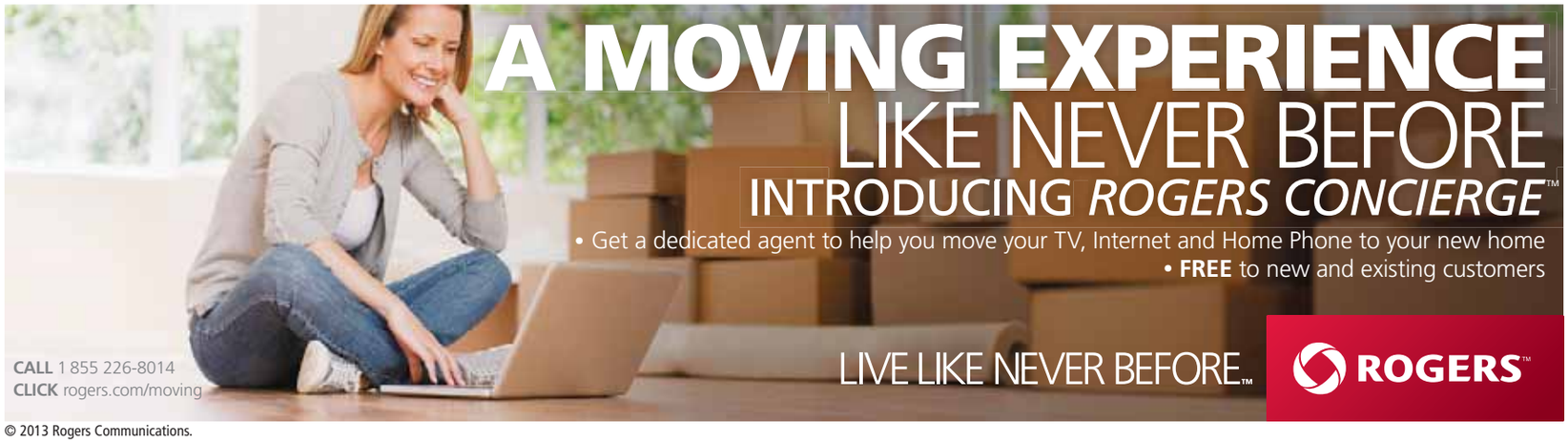
Wherever you place them, these tables will make your room look light, airy and sophisticated. Two sets side by side will make a very versatile coffee table for the living room.

Velvet Cushion with Feather Trim $60

Lux prevails with fresh green velvet and feathers. A great way to add this year's most coveted colour and to wake up a boring chaise lounge or neutral sofa. Use with caution — no more than two pillows or your sofa will look like an ostrich farm.

Fur Blanket $200

A great wrap for chilly nights on the patio or by the fire during the winter months; luxury fur trims are everywhere on the fashion runways and the trend in home decor is no exception.



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Legal Matters

Mid-month purchase

We are fast approaching our final closing on a condo that we purchased and with which we took interim possession of a few months ago. We have given post-dated cheques to the builder up until the end of the year and we are closing in the middle of this month. How do we adjust for the prepaid common expenses we have given to the builder and get our post-dated cheques back?

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

Typically, the builder who is holding post-dated cheques for purchasers will destroy them and obviously, not cash them. Sometimes they return them. I have had clients express concern if they don't do so.

In 20 years of real estate transaction, I have never had a builder go ahead and cash cheques that were attributable to interim possession after the final closing. Some clients insist on the return of their cheques which a builder will provide, albeit reluctantly, but you have to remember the developer wouldn't be in business for long if they were cashing cheques they were not supposed to.

As for mid-month closings, the builder will adjust for the post-dated cheque that was cashed for the month in which the closing occurs. This will be reflected in the Statement of Adjustments and can be pointed out by your lawyer in the closing documents when you go into sign the final documents. Not to worry. It is my experience that the builders and their lawyers have everything calculated down to the penny; to both parties' benefit.

The lobby of Minto30Roe. The condo is offering electric car charging receptacles. CONTRIBUTED

Condo-minimum enviro impact

CONDO TRENDS
Duncan McAllister
life@metronews.ca

When it comes to green, not all condos are built the same. Many advertise sustainable living designed with the environment in mind, but how do you know you're getting the real deal?

One thing to look for is LEED certification or Leadership in Energy and Environmental Design, an internationally accepted benchmark for the design and construction of high-performance green buildings.

Metro talks with Wells Baker about some of the new sustainable technologies entering the condo market. Baker is an engineer and the LEED-accredited manager of sustainable developments at Minto and he knows the green construction business inside and out.

"What we try to do to make sure that we stand out amongst the crowd is by actually going through and certifying our buildings to a building rating system such as LEED."

Modern condos have come a long way in terms of green technologies like the HRV or Heat Recovery Ventilator.

"Most builders will pump air into the corridor of the building and hope it gets into the suite, but we found in the past that that hasn't been a very reliable method of ventilating," says Baker. The HRV provides fresh air directly into each condo.

"It captures energy from the exhaust air that's leaving and introduces it into the fresh air that's coming in, so that you save energy."

Another new feature, part of the Toronto Green Standard, is bird glazing on condo balconies.

This basically adds a pattern to the balcony glass. A series of dots or other visual markers help birds identify it as a solid surface and reduces collisions. It's a simple and inexpensive initiative that makes a big difference.

Minto will be offering electric car charging receptacles at their new Minto30Roe condos.

"We are realizing that residents are starting to make different choices about the cars they drive," says Baker. "It's very expensive to try and retrofit after-the-fact and so what we're doing is we're putting in infrastructure to support the addition of charging stations at any point in the future," explains Baker. This forward-thinking innovation will soon be part of every new condo.

Another simple but effective technology is the all-off light switch. It's a master switch at the entrance to each condo that links to all the overhead lighting.

"Instead of running around your condo turning off lights before you leave, you can just click this one switch, so you know you're saving energy as soon as you walk out the door," explains Baker.

Frit pattern on glass railings and balcony shading on windows at Minto30Roe are designed to help birds to identify solid surfaces.
NORM LI ARCHITECTURAL GRAPHICS AND ILLUSTRATIONS

Townhomes for first-time buyer

The 105 condo units at TEN88 is slated for occupancy in 2014. CONTRIBUTED

Meet the condo

- **What.** TEN88 townhomes
- **Builder.** Empire Communities and Pace Developments
- **Location.** Markham Road and Sheppard Avenue East
- **Website.** empirepace.com
- **Pricing.** From $189,990 to $389,990

The project overview

TEN88 offers great affordability for first-time buyers and young families. Comprised of 105 new condominium units with urban town designs, streamlined architecture and contemporary finishes. Some with rooftop terraces. Occupancy slated for 2014.

Location and transit

Located in Toronto's east end, TEN88 offers several convenient bus routes right outside the building which get you to the Scarborough LRT. Commuters have quick access to highway 401. You can be in the downtown core within 40 minutes.

In the neighbourhood

Adjacent to the convenient Markham Corners mall. Great shopping at nearby Scarborough Town Centre. Close to ravines and parks. A wide selection of international restaurants in the area. Minutes to Centennial College and the University of Toronto Scarborough Campus.

Building amenities

Featuring private outdoor spaces and courtyards with play areas. Suite features include custom-designed contemporary kitchens with stainless steel appliances as well as granite countertops and deep soaker tubs in the bathrooms. Price includes an underground parking space and a locker.

Five-year mortgage rates

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3.49%	HSBC	3.00%
3.89%	ICICI	3.00%
3.39%	ING	2.75%
3.29%	RBC	3.20%
4.99%	SCOTIA	3.10%
3.69%	TD	3.00%
5.14%	NATIONAL	3.20%
3.19%	BROKER	2.40%

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What's hot on the condo market

DUNCAN MCALLISTER

1. King East

Open house: The King East. New condos just east of the downtown core. Several suites available for viewing. Visit 318 King St. E., on August 24 to 25 from 12 to 5 p.m.

CONTACT: CALL 416-368-5262 FOR MORE INFO

2. King West

New release: Introducing the City Collection at the Bond condos in downtown Toronto. Visit the new Lifetime Inventory Boutique at 373 King St. W., Suite 302.

CONTACT: CALL 416-546-7525 OR VISIT THEBOND.CA FOR MORE INFORMATION

3. Davenport Village

New release: Fuse condos phase 2 in Davenport Village. Visit the presentation centre at Dupont Street and Lansdowne Avenue.

CONTACT: CALL 416-534-4444 OR VISIT FUSECONDOS.COM

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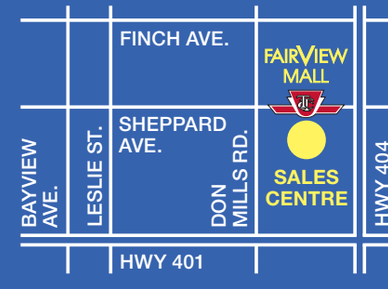

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How to update your home and still afford to live there

DIY ideas. Whether it's your kitchen, bath, backyard or your house itself that's in need of an update, there are plenty of ways to freshen up your home without breaking the bank

Start from the ground up
Instead of spending thousands on flooring, leaving your subfloors exposed can create a unique and rustic look for a fraction of the cost. Plywood, pine boards and OSB subflooring generally have an unfinished appearance. You'll just need to rent a sander to smooth out the wood, and then finish off the look by applying a few coats of varnish.

Everything but the kitchen sink
Installing a new kitchen countertop can really upgrade the look and feel of your kitchen, but can also break the bank.

Instead, take the time to scour through home stores for discounted pieces of countertop that may have slight blemishes. These imperfections may be unnoticeable to guests, and can add character to your kitchen at a drastically lower cost.

Pack it in
Custom cabinets and built-in shelves can be useful storage solutions with a hefty price tag. Restoring discarded items from restaurants or offices undergoing renovations can be cost-effective ways to set up storage in your home.

Go off the rails
Cable railings have become a hot commodity in homes, serving as both a fashionable and functional stairway feature. As an alternative, hire a bike welder to build a similar metal railing to save thousands of dollars and create the same industrial feel.

On the cutting edge
Installing crown moulding can add an elegant border finish to any living room, but this often comes with a high price.

Substitute expensive crown moulding with smaller pieces of panel moulding, then paint in between to create the illusion of one large piece of crown moulding.

Feel a glow
Up-lighting is a system used to bounce indirect light off the ceiling and then back down into the room, creating a pleasant and welcoming ambiance.

Countertops that have a blemish can save you a bundle. ISTOCK IMAGES

As these systems can be costly, re-using external gutters can be a cost-effective alternative. First paint the gutters then mount to your walls, then place in fluorescent lights to complete the up-lighting system.

DIY NETWORK CANADA OFFERS MORE TIPS FOR YOUR ENTIRE HOME, AND ALL IN ONE NIGHT WITH ALL NEW SEASONS OF HOUSE CRASHERS, KITCHEN CRASHERS, BATH CRASHERS AND YARD CRASHERS AIRING WEDNESDAYS AT 9 P.M. ET/PT BEGINNING AUG. 28 ON DIY NETWORK CANADA

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Understanding the markets means understanding the process

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta, facebook.com/bildgta, and bildblogs.ca.

I've been hearing a lot about the strength of the resale market recently, and couldn't help but notice that the new homes market is often grouped into the same category. But to fully understand the market in the GTA, it's important to differentiate between the new and resale sectors.

The new homes market consists of new projects sold prior to construction by the builder/developer, while the resale market represents existing properties sold by homeowners. Bringing a new condominium building into a community is a lengthy process that involves land acquisition, development, sales and construction — something that can take up to seven years.

It can take anywhere from 18 months to three years to complete the development process, which includes careful consideration of height, underground parking and amenity space, among other factors. That is usually followed by a sales process and subsequently by construction.

Building a new condominium is a process that can take up to four years. As of July 31, there were 66,126 units, in 256 high-rise developments, under construction in the GTA. More than 17,000 are expected to be completed by year's end. It is important to understand that while we are experiencing record-high construction, these homes have been sold two to three years ago and are not an accurate representation of today's new homes market. While the resale market is undergoing a rise in sales activity, the new homes sector in 2013 has been quite slow. In fact, high-rise sales fell 34 per cent below the 10-year average in July and are the second-lowest in a decade.

This is concerning because the new homes industry plays a crucial role in advancing our local, provincial and national economies. The construction industry creates more than 200,000 new jobs every year paying out $10.8 billion in wages, which show up as purchases across the GTA.

Only two new high-rise projects were launched in July as developers attempt to sell off existing inventory before introducing new product. This is considerably below the 10-year average of 5.8 launches per July but we will only start to see the effect of that in two to three years.

Every construction crane you see in your neighbourhood represents between 300 and 500 jobs. With the GTA on track for one of the lowest sales years in a decade, you can expect to see a lot fewer cranes.

Jays fall in N.Y.C.

Ichiro collects 4,000th hit, but big blow comes from Soriano

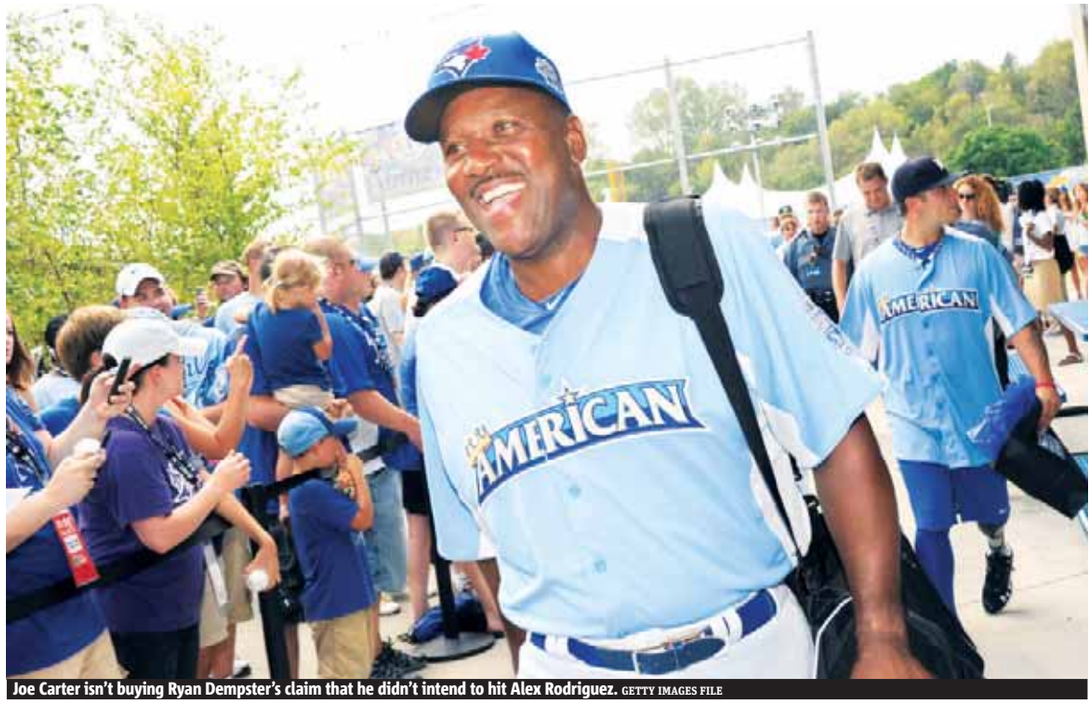
Alfonso Soriano hit a tiebreaking two-run homer with two outs in the eighth inning, Ichiro Suzuki got his 4,000th hit between the major leagues and Japan, and the Yankees handed the Toronto Blue Jays their 12th straight loss in New York, 4-2 on Wednesday night.

David Huff (1-0) pitched one-hit ball in five innings of relief to shut down the Blue Jays before New York finally got to Toronto's R.A. Dickey.

The 39-year-old Suzuki hit a liner off Dickey (9-12) that bounced just beyond diving third baseman Brett Lawrie for the milestone hit in the first inning. Suzuki broke a tie with Lou Gehrig when he got his 2,722nd major-league hit in his 13th season. The speedy outfielder amassed 1,278 hits in nine seasons with Orix of Japan's Pacific League.

THE ASSOCIATED PRESS

Ichiro Suzuki acknowledges the crowd after tallying his 4,000th career hit. THE ASSOCIATED PRESS



Joe Carter isn't buying Ryan Dempster's claim that he didn't intend to hit Alex Rodriguez. GETTY IMAGES FILE

Carter slams pitcher's offering of innocence

Beaning in Beantown. Blue Jays legend says Ryan Dempster sent 'clear' message when he hit Alex Rodriguez

Former Toronto Blue Jays great Joe Carter rejects Ryan Dempster's claim that he didn't intentionally hit troubled Yankees slugger Alex Rodriguez with a pitch last weekend, saying the Red Sox right-hander's message was "loud and clear."

Dempster received a five-game suspension Tuesday for hitting Rodriguez with a pitch in a game Sunday. The native of Gibsons, B.C., maintains he wasn't trying to intentionally hit Rodriguez, who has drawn the wrath of his peers for appealing a 211-game suspension for violating baseball's drug and labour agreement.

But Carter isn't buying it.

"The message was loud and clear," Carter said Tuesday during an appearance at a Vancouver Canadians game. "I don't agree with what transpired, because if you're going to throw at someone like that just as a statement, you do it the first pitch, and then you go on about the rest of the game."

Dempster threw one pitch behind A-Rod's knees and two more inside during the second inning. Then his 3-0 pitch struck Rodriguez's left elbow pad and ricocheted off his back.

Carter chalked Dempster's actions up to the unwritten "codes" that players use to police themselves. But the ex-Jay tacitly endorsed the beaning.

"It's just a message that you don't like the cheaters, and I don't blame him for that because ... (doping) has taken away from the game of baseball," said Carter.

THE CANADIAN PRESS

Quoted

"It's taken away from the guys who played it the right way." **Joe Carter** contends drug cheats have created an uneven playing field.

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Seguin goes from boy to man with new team, new role

NHL. 21-year-old Brampton native says his time in Boston gave him 'the taste for success'

Stepping up

"If you look at my resumé, it has those things required to make me a leader with what I've been through already." **Tyler Seguin** on his transition to a leadership role

When Tyler Seguin heads to Dallas to start his first training camp with the Stars, he'll go with the weight of a franchise on his shoulders that matches his own self-confidence.

Seguin will be The Man. Emerging from the shadows of Patrice Bergeron and David Krejci, the 21-year-old from Brampton — now an ex-Boston Bruin — will be the No. 1 centre on a team that hasn't made the playoffs in five years.

"I know what it's like to taste it (the Stanley Cup)," said Seguin. "I know what it's like to lose it. I don't know the taste of not making the playoffs, and I hope I never do.

"I think the taste for success has made me more driven as a player. Even being young, I hope to bring a lot of that experience to a locker room."

Finding a franchise player is never easy. Teams usually get them through the draft. Their availability in a trade — as Seguin was — is rare.

It was only possible this year because the Bruins were tight against the salary cap and needed the space of Seguin's $6 million US cap hit to sign others, most notably goalie Tuukka Rask. There were also whispers of a party lifestyle that might have contributed to the trade.

So far in his career, Seguin hasn't been a No. 1 centre. He played mostly on Boston's second line — as a winger — with Bergeron. In the 2013 playoffs, Seguin finished as a third-line checker.

But for most of the rest of his hockey life, Seguin has been a centre, and often the most important centre on the team. He believes he will be a leader in Dallas.

TORSTAR NEWS SERVICE

Tyler Seguin wasn't a top centre with the Boston Bruins, but the Dallas Stars are hoping the 21-year-old will be able to lead their team. BRUCE BENNETT/GETTY IMAGES FILE

Tiger Woods

Soft bed blamed for rough morning

Another week, another nagging injury for Tiger Woods — this time from a soft bed in his hotel.

Woods did not play the back nine of his pro-am Wednesday at the Barclays. He still walked with his amateur partners, but only chipped and putted at Liberty National. He says his neck and back were stiff in the morning. He attributes it to a soft bed in his hotel and says he didn't want to push it.

THE ASSOCIATED PRESS

Tennis

Sharapova pulls out of U.S. Open

Maria Sharapova withdrew from the U.S. Open on Wednesday because of a right shoulder injury.

The U.S. Tennis Association announced the 2006 champion's withdrawal.

Sharapova has played only one match on tour since her second-round loss at Wimbledon in June.

Sharapova originally was seeded third at the U.S. Open.

THE ASSOCIATED PRESS

UFC 167. Canadians Rory Mac, GSP to put the hurt on American fighters

Canadian welterweight contender Rory (Ares) MacDonald will fight hard-nosed veteran (Ruthless) Robbie Lawler at UFC 167 on Nov. 16 in Las Vegas.

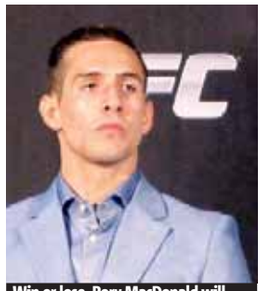
In the previously announced main event at the MGM Grand Garden Arena, welterweight champion Georges St-Pierre of Montreal meets No. 1 contender Johny (Bigg Rigg) Hendricks.

The UFC bills the Lawler-MacDonald matchup as "old school meets the new breed." The 24-year-old MacDonald, of Kelowna, B.C., is ranked third among 170-pound contenders while the 31-year-old Lawler is No. 9.

MacDonald (15-1) is coming off a decision over Jake (The Juggernaut) Ellenberger that stretched his winning streak to five.

But the Seattle bout was booed by the crowd for lack of action and UFC president Dana White made no secret of his dissatisfaction at both fighters.

Some saw the win as a technical triumph by MacDonald, who used distance, a stinging jab and front kicks to subdue the hard-hitting Ellenberger. But not the UFC boss.



Win or lose, Rory MacDonald will need to put on a more entertaining show at UFC 167 if he wants to please his boss. THE CANADIAN PRESS FILE

"That fight sucked so bad," said White after the fight.

"I don't think he moved down the (rankings) ladder but do you think anybody's screaming to see him in a fight again?... We live in a business, unfortunately, where you're as good as your last fight," he added.

In other news, Canadian light-heavyweight Ryan (Big Deal) Jimmo will face Jimi (Poster Boy) Manuwa on a televised card Oct. 26 in Manchester, England.

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

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	W	L	Pct	GB
Boston	75	54	.581	—
Tampa Bay	72	53	.576	1
Baltimore	68	58	.540	5½
New York	67	59	.532	6½
Toronto	57	70	.449	17

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	74	52	.587	—
Cleveland	69	58	.543	5½
Kansas City	64	60	.516	9
Minnesota	55	70	.440	18½
Chicago	50	74	.403	23

WEST DIVISION

	W	L	Pct	GB
Texas	73	53	.579	—
Oakland	71	55	.563	2
Seattle	59	67	.468	14
Los Angeles	55	71	.437	18
Houston	41	84	.328	31½

Wednesday's results
Seattle 5 Oakland 3
Cleveland 3 L.A. Angels 1
Baltimore 4 Tampa Bay 2
N.Y. Yankees 4 Toronto 2
Detroit 7 Minnesota 1
Houston at Texas
Chicago White Sox at Kansas City
Tuesday's results
N.Y. Yankees 8-3 **Toronto 4-2**
Minnesota 6 Detroit 3
Texas 4 Houston 2
Tampa Bay 7 Baltimore 4
Chicago White Sox 2 Kansas City 0
Seattle 7 Oakland 4
Cleveland 4 L.A. Angels 1 (14 inn.)
Thursday's games — All times Eastern
Toronto at N.Y. Yankees, 1:05 p.m.
Minnesota at Detroit, 1:08 p.m.
Chicago White Sox at Kansas City, 8:10 p.m.
Friday's games
Oakland at Baltimore, 7:05 p.m.
Minnesota at Cleveland, 7:05 p.m.
N.Y. Yankees at Tampa Bay, 7:10 p.m.
Washington at Kansas City, 8:10 p.m.
Texas at Chicago White Sox, 8:10 p.m.
Toronto at Houston, 8:10 p.m.
L.A. Angels at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	77	49	.611	—
Washington	61	64	.488	15½
New York	58	67	.464	18½
Philadelphia	55	70	.440	21½
Miami	48	77	.384	28½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	74	52	.587	—
St. Louis	73	53	.579	1
Cincinnati	71	55	.563	3
Milwaukee	55	72	.433	19½
Chicago	54	71	.432	19½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	74	52	.587	—
Arizona	65	59	.524	8
Colorado	59	68	.465	15½
San Diego	57	70	.449	17½
San Francisco	56	70	.444	18

Wednesday's results
San Diego 2 Pittsburgh 1
Atlanta 4 N.Y. Mets 1 (10 inn.)
St. Louis 8 Milwaukee 6
Boston 12 San Francisco 1
L.A. Dodgers 4 Miami 1
Colorado at Philadelphia
Arizona at Cincinnati
Washington at Chicago Cubs
Tuesday's results
San Francisco 3 Boston 2
Colorado 5 Philadelphia 3
Arizona 5 Cincinnati 2
Washington 4 Chicago Cubs 2
Milwaukee 6 St. Louis 3
N.Y. Mets 5 Atlanta 3
Pittsburgh 8 San Diego 1
L.A. Dodgers 6 Miami 4
Thursday's games — All times Eastern
Arizona at Cincinnati, 12:35 p.m.
L.A. Dodgers at Miami, 12:40 p.m.
Washington at Chicago Cubs, 2:20 p.m.
Colorado at Philadelphia, 7:05 p.m.
Atlanta at St. Louis, 8:15 p.m.
Pittsburgh at San Francisco, 10:15 p.m.

CFL

WEEK 9

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	7	5	2	0	230	174	10
Hamilton	7	3	4	0	166	205	6
Montreal	7	2	5	0	156	201	4
Winnipeg	7	1	6	0	153	210	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	7	6	1	0	234	150	12
Calgary	7	5	2	0	226	186	10
B.C.	7	5	2	0	169	164	10
Edmonton	7	1	6	0	161	205	2

Thursday's game — All times Eastern
B.C. at Montreal, 7:30 p.m.
Friday's game
Calgary at Toronto, 7:30 p.m.
Saturday's games
Winnipeg at Hamilton, 1 p.m.
Saskatchewan at Edmonton, 4 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Kansas City	11	8	6	36	25	39
New York	11	8	6	36	31	39
Montreal	11	7	5	36	35	38
Philadelphia	10	7	8	36	32	38
Houston	10	7	6	29	23	36
New England	9	9	6	29	23	33
Chicago	9	10	4	29	34	31
Columbus	8	11	5	29	30	29
Toronto	4	12	8	21	33	20
D.C. United	3	17	4	14	40	13

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Salt Lake	12	8	5	41	30	41
Colorado	10	7	9	33	27	39
Portland	9	3	11	34	22	38
Los Angeles	11	9	4	39	32	37
Vancouver	10	8	6	36	32	36
Seattle	10	8	4	30	26	34
San Jose	9	10	6	26	35	33
Dallas	8	7	9	31	35	33
Chivas	4	13	6	20	40	18

Wednesday's results
Dallas at Chivas
Salt Lake at Portland
Friday's game — All times Eastern
Kansas City at Chicago, 8:30 p.m.
Saturday's games
Houston at Montreal, 7 p.m.
Toronto at D.C., 7 p.m.
Los Angeles at Vancouver, 9 p.m.
San Jose at Dallas, 9 p.m.
Columbus at Salt Lake, 9:30 p.m.

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Horoscopes

♈ Aries
March 21 - April 20
You don't usually pay much attention to details but you will need to as of today. The Sun's change of sign warns it may be costly if you don't. Whatever you are working on, get the small stuff right first.

♉ Taurus
April 21 - May 21
A dynamic phase begins for you today and you must take full advantage of it. Don't be suspicious if people you hardly know praise you to the skies and offer to do you favours.

♊ Gemini
May 22 - June 21
It may be a pain having to explain yourself every step of the way but it will be worth it in the long-term. The planets make it easy to get close to people who mean a lot to you.

♋ Cancer
June 22 - July 23
Social activities are high on your agenda now and you must make time to have fun, no matter how much work you have got lined up. Don't worry too much about "serious" issues — they're really not that serious at all.

♌ Leo
July 24 - Aug. 23
The Sun leaves your birth sign today but you must not slow down or set your sights any lower. The next few weeks will bring new financial opportunities, be ready to act decisively.

♍ Virgo
Aug. 24 - Sept. 23
The Sun moves into your birth sign today and a new solar year gets under way, but don't think you have to start at a mad rush and try to get everything done at once.

♎ Libra
Sept. 24 - Oct. 23
You have not seen as much of a friend as you would have liked but your paths are destined to cross again over the next few weeks. Why not give them a call and reconnect today?

♏ Scorpio
Oct. 24 - Nov. 22
If you need to talk to an authority figure, approach them today while you feel super confident. The planets indicate they will listen to what you have to say and act in your favour.

♐ Sagittarius
Nov. 23 - Dec. 21
As the Sun crosses the career angle of your chart today. you must be more ambitious. The next few weeks will be crucial for those Sags who want to get on in the world. Success is closer now than ever before.

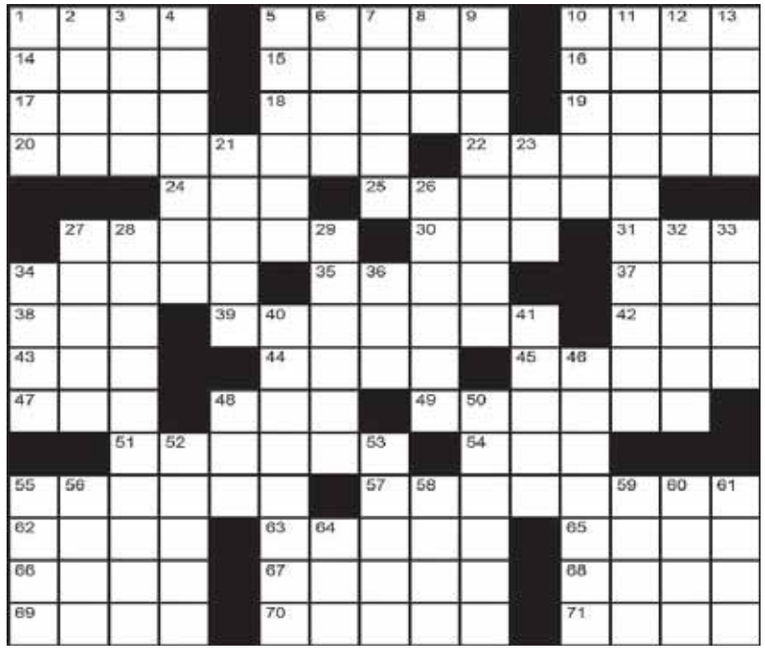
♑ Capricorn
Dec. 22 - Jan. 20
As the Sun moves in your favour today, you won't be in the least bit fazed by the challenges that fate throws at you. On the contrary, you can't wait to get stuck into them, such is your supreme self-belief.

♒ Aquarius
Jan. 21 - Feb. 19
There is nothing to fear but fear itself. With the Sun moving into one of the more sensitive areas of your chart you may need to repeat that mantra at regular intervals. Try not to worry.

♓ Pisces
Feb. 20 - March 20
Cosmic activity in your opposite sign of Virgo means you are will clash with someone over the next few days. Just because you see life from different angles does not mean you cannot get along. SALLY BROMPTON

Crossword: Canada Across and Down

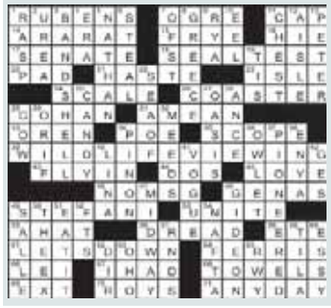
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. __ Kong
5. Not qualified
10. Some aircrafts
14. Downright nasty
15. __ prosequi (Not proceeding, in law)
16. Czech river
17. Ms. Dunham of HBO's "Girls"
18. Fancy instrument
19. City's air pollution
20. Provincial leaders
22. False
24. 'Pepper' add-on (Pizza topping)
25. NYC's __ Island
27. Regatta crafts
30. Humour style
31. Disney song: "Zip-a-Dee-Doo-__"
34. __ and fauna
35. "Not on _ __!" = "No way!"
37. Rambo portrayer, to pals
38. Pants split
39. Saskatchewan's provincial fish
42. Pourboire
43. Gremlin
44. Fool
45. "I Started _ __" by The Bee Gees
47. Last letter, USA-style
48. Inclined
49. Hamilton-born star Mr. Levy
51. House painter's tool
54. Apiece
55. Steamed in corn husks dish
57. Guess Who's "__ Woman"
62. Drop
63. Reserved
65. Detective's find
66. Voice characteristic
67. Nymph of Greek mythology
68. Answer-needer's aid
69. Barely manages, __ out
70. Bird-created structures
71. Chooses

Down
1. Self-__ book
2. Finito
3. "The Whole __ Yards" (2000)
4. Fashion magazine
5. Reveal, as a portrait painting
6. Pinot __ (Wine variety)
7. Dental string
8. Misguided = __-conceived
9. "Heaven Coming Down" band from Windsor, The __ __
10. Canadian figure skating great Ms. Chouinard
11. New Brunswick city
12. Step heavily
13. Palm starch
21. Relative by marriage
23. Pig's pen
26. Pluck eyebrows
27. Mucky matter
28. It flows in NWT and Nunavut, __ River
29. Military greeting
32. Similar
33. Ballyhoo
34. Animator Mr. Freleng
36. Deli request
40. Singing sisters from Canada, Natalie or Nicole
41. Enthusiastic
46. Wrestler/rocker from Winnipeg, Chris __
48. "Never Ever" by __ Saints (Group #40-Down were in)
50. Overturns
52. Hall & __
53. Does garden work
55. Carry
56. "Star Trek" episode, __ Time
58. Vegan's taboo
59. Cut short
60. Uncle's wife
61. Profits
64. "__ you kidding?"

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6		7			3	1	
1				6		7		9
8				9				
	5	2			1		9	
				2				
	8		5			4	3	
				1				6
6		4		8				3
	1	7			9		5	

Yesterday's Sudoku

7	1	5	8	6	4	3	2	9
3	2	4	9	1	5	8	7	6
8	9	6	2	7	3	4	5	1
5	3	8	4	2	1	6	9	7
2	6	1	7	3	9	5	8	4
9	4	7	5	8	6	2	1	3
6	7	3	1	5	2	9	4	8
4	8	2	6	9	7	1	3	5
1	5	9	3	4	8	7	6	2

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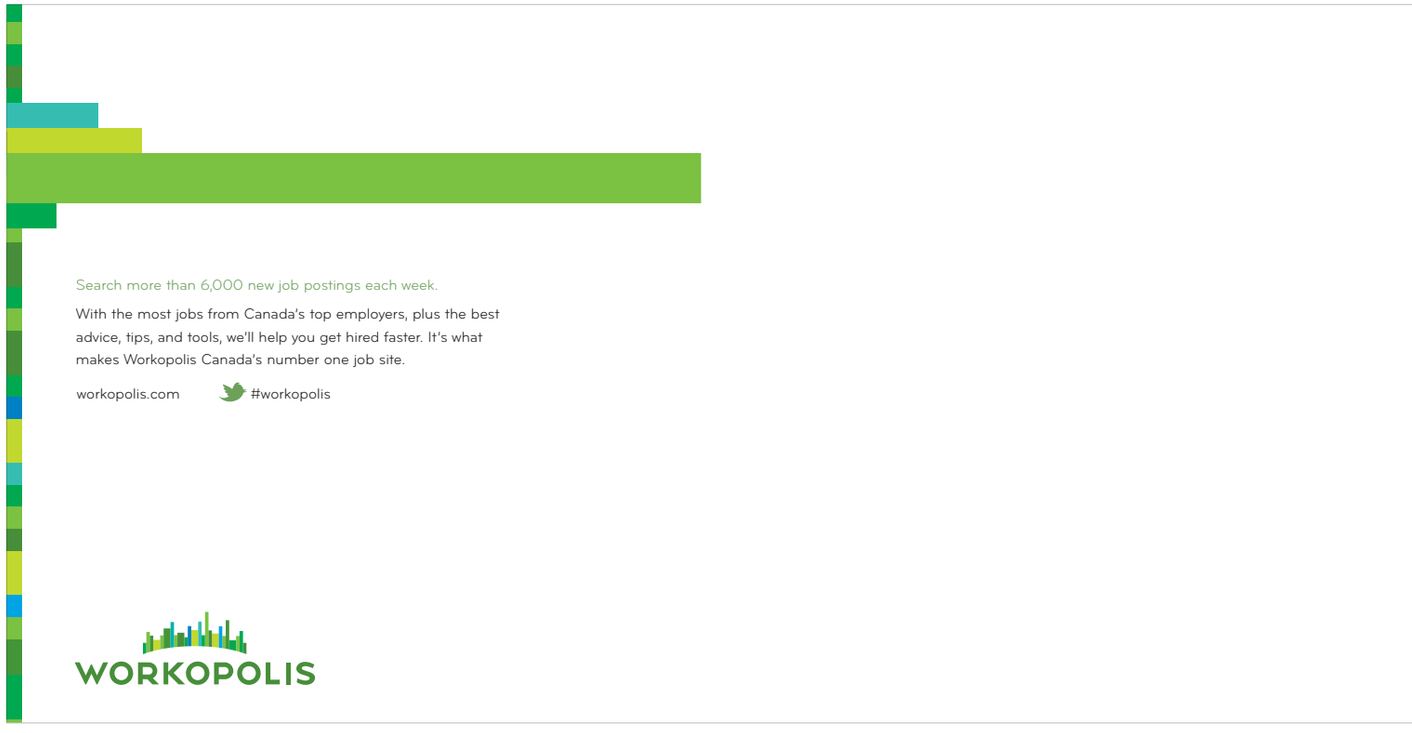

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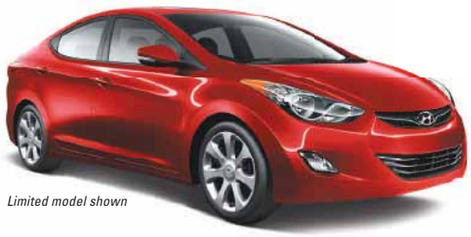

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